

Senior Scene

DAVIS SENIOR CITIZENS CENTER

646

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www.cityofdavis.org/cs/seniors/

MAD HATTER TEA PARTY

The Mad Hatter's Tea Party, scheduled for **Thursday, November 20 at 3:00 p.m.**, is definitely a "don't miss" event for the season! As usual, coffee, delicious tea and many scrumptious treats will be served. The cost is **\$5 if you wear a crazy hat or tie, and \$8 if you**

choose not to. Tickets are on sale now!

We are looking for a few volunteer bakers too! We need scones & cookies! We are also looking for event volunteers on the day of the tea to assist with food preparation, tickets and decorating. Sign up in the office if you are available to help no later than Thursday, November 13.



HOLIDAY DINNER & DANCE

It's time to purchase your tickets for this year's Holiday Dinner & Dance Party on **Tuesday, December 9 from 6:00 to 9:00 p.m.** The dinner fare will feature a two entrée buffet of salmon and roast beef, spinach salad, fruit salad, sautéed vegetables and garlic mashed potatoes. Punch, coffee, tea and cake and ice cream.



Our dance music will be provided by the Frank Oddo Quartet, always a favorite.

As an added attraction we may have a short demonstration of the "Argentina Tango." (This act is yet to be confirmed and may not appear.)

Cost for this wonderful evening will be **\$20 for SCD members and \$25 for non-members.** Deadline is December 2. Tables for eight may be reserved with a \$25 deposit. The only catch is, with your table reservation you will be responsible for your own table decorations. Show us your creative side and join in the fun. Table diagrams are available from which to pick your table location.

Senior Center and ENP Programs will be closed on **Tuesday, November 11** for Veterans Day and on Thursday and Friday **November 27 & 28** for Thanksgiving Holiday.

SENIOR CITIZENS OF DAVIS Building for a Better Tomorrow

SCD BUSINESS LUNCHEON – NOVEMBER 4

The November luncheon is designed to honor and entertain our veterans. The program will start promptly at **11:30 a.m.** We will have a table of honor for our members to display photographs of their beloved veterans. We ask that you have your pictures here at the Senior Center by 11:15 a.m., and please be sure your name is on the back of each photo.

Immediately following the placing of the memorial, the entertainment will begin with about 30 to 45 minutes of enchanting Latin American music by guitarist Dinorah Curkendall and then blues guitarist Eddie Loeb.

The luncheon entrée will be lasagna with meat and without for our vegetarians, plus green salad, bread and the SCD standbys: chips-dip-coffee-tea and cake. Lunch catered by Palm Gardens and Woodland Skilled Nursing. We thank them for their caring and support of our SCD seniors.

Cost is \$8 for members and \$10 for non-members.

Please save **Tuesday, December 2** for the next SCD monthly membership meeting and luncheon! We will have a speaker from UCD regarding the new School of Nursing. Sign up now and join in.

SUNSHINE LADY

Sunshine Lady Eileen Byrne reports that for the last half of September and the first half of October cards were sent to the following:

Get well cards to Marian Kampman.

Thinking of You cards to Lillian Lantz, Mary MacKay, Betty Paro, Rush Darigan and Don & Carol Harting.

Sympathy cards to family of Sam Hart, family of Helen Palica, family of Alex Duncan, Betty Anderson for the death of her son, Milton Silva for death of his wife, Edith and James (Jerry) Murphy for death of his wife Kathleen.

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

2008 Board of Directors

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<i>Technology & Marketing Svcs.</i>	<i>John Gerlich</i>

NEW MEMBERS FOR SEPTEMBER - OCTOBER

Please join us in welcoming the following new SCD members: Patricia Douthitt, Janice Hoffacker, Winnie Chen, Diana Calafati, Marilyn VanderHamm, Kenneth & Mary Ann Doerzbacher, Erleen Hirsch, Carol Joseph, Adele Santolo, Maxine Schmalenberger, Fred & Dorothy Anderson, Bob & Vickie Hopkins and Kiyoko Hann.

“SENIOR OF THE YEAR” NOMINATIONS

The “Senior of the Year” Committee is accepting nominations for this year’s recipient. Eligible nominees must be volunteers at the Davis Senior Center and a current SCD member. Nominees may be submitted by anyone here at the center, but a form must be completed and signed.

All you need to do is write down a few words about why you feel your nominee should be considered for the “Senior of the Year” award. Then, place your form in a sealed envelope addressed to the SCD Selection Committee, and return to the Senior Center office no later than November 30. Forms are available at each lobby entrance to the Senior Center. Questions? Contact Barbara Hager or Liz Fisher at 757-5696.

SCD OFFICERS BEING RECRUITED

SCD needs a volunteer who enjoys arranging entertainment to serve as a valuable member of SCD’s Board of Directors as the “Program Coordinator.” Interested SCD members are asked to contact Barbara Hager or Liz Fisher. In their absence ask for Wes Penny. All are available through the Senior Center office at 757-5696. We need help! Thank you.

SCD MEMBERSHIP RENEWAL 2009

Answering our members' call for change, SCD has redesigned its membership renewal process. When you receive your December Senior Scene you will find your 2009 membership renewal application inserted for easy removal. It will not be printed as part of the Senior Scene as in prior years.

Attached to your renewal application will be your 2009 membership card. You should remove it, sign it and carry it with you, especially when coming to the Senior Center.

As for completing the renewal application, you will need to answer several clearly marked and vital questions. When you have answered the questions, mail or bring both the completed application and your renewal check to SCD at the Senior Center.

We expect to have examples of the new application on display during November and welcome your questions or comments. Thank you.

HEM & HAW (SCD) HOLIDAY BOUTIQUE

On **December 2**, Hem & Haw will have a Holiday Boutique at the Senior Center from **9:00 a.m. - 3:00 p.m.** in the **Game Room**.

We have been working all year to produce products suitable for holiday giving: scarves, hats, children's sweaters, afghans, dish towels etc.

Money from this project goes to SCD. This group meets every **Wednesday** from **1:00 - 3:00 p.m.** and we always welcome new crafters.

THE GIFT OF GIVING

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

Duplicate Bridge – Monday	\$ 63
Hem & Haw (SCD)	\$ 46
Information & Assistance	\$ 37
Medical Equipment Donations	\$ 93
Miscellaneous	\$ 24
Monday Social Bridge	\$ 25
Nostalgics	\$ 22
Tap Dancers	\$ 15
Tuesday Pinochle	\$ 10
Total	\$335

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

FRIENDSHIP CAFÉ & NUTRITION EDUCATION**MEAL HIGHLIGHTS**

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



Wednesday, November 19 is "Happy Birthday." Come try our scrumptious seafood tart (contains shrimp) new potatoes with dill, steamed spinach, wheat roll juice and birthday cake.

Wednesday, November 26 "Thanksgiving Dinner." Come enjoy roast turkey with cranberry sauce, whipped sweet potatoes, home style stuffing, green bean casserole, French roll and pumpkin pie with whipped topping.

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

LUNCH FEES

Suggested Donation for seniors over age 60: \$3.00
Essential ENP Volunteers under age 60: \$3.50
Guests under age 60: \$7.00*

**unless accompanied by senior spouse*

MEALS ARE A DEAL!

You might be surprised to learn some of the financial facts about the Elderly Nutrition Program. Last year's:

- Average per meal cost was \$8.44.
- Average donation (Yolo County) for the Congregate Meals Program at senior centers was \$1.44 and in Davis was \$1.50.
- Average donation (Yolo County) for Home Delivered Meals Program was \$1.66 and in Davis was \$1.73.
- Total revenues generated from government sources resulting from competitive grant-writing was 23%.

Your donations are always welcome.

TRANSIT INFORMATION

DAVIS COMMUNITY TRANSIT

Happy fall! DCT welcomes new driver Ryan Denton, a former Unitrans driver and aspiring firefighter.

As the weather changes please remember that we do not expect you to wait outside in the cold or



rain. Wait inside where you can see or hear the bus and be ready to come out when it arrives. Should you decide you don't need your scheduled ride, remember to cancel at least 30 minutes in advance.

If you or anyone you know has a bus ticket that is no longer needed, consider donating it to the Senior Center. They will send it to us and we may be able to use it for someone in need. We hope everyone has a wonderful Thanksgiving holiday!

INFORMATION & ASSISTANCE

NO HRA CHECKS THIS YEAR

The State of California will not be issuing checks under the annual Homeowners and Renters Assistance program this year. The state budget approved for the 2008/2009 fiscal year deleted funding for the program. Therefore, 2008 claims cannot be paid.

The Franchise Tax Board will continue to accept 2008 claims and will hold them in the event that funding later becomes available. However, at this time there is no expectation that there will be any funds available to pay those claims.

Please direct any questions on the program to the Franchise Tax Board, at (800) 868-4171, Monday through Friday, 8:00 a.m. – 5:00 p.m.

DRUG PLANS OPEN ENROLLMENT

Federal health officials are encouraging Medicare participants to shop around for their prescription drug (Part D) coverage next year because it could include significant price increases or changes regarding which drugs the plans will cover. (If you have coverage through an HMO, however, there is no need to review your drug plan; it is automatically linked to your HMO coverage, and no change is needed.)

The typical non-HMO beneficiary will still have dozens of plans to choose from, but most people will see an increase in their monthly premiums if they stay with the same insurer. For those enrolled in the 10 most popular drug plans, the cost increases will range from 8 % to as much as 64 %, according to an analysis by Avalere Health, a consulting firm.

Medicare participants can begin enrolling in drug coverage for next year from Nov. 15 through Dec. 31.

If you need help in analyzing your drug plan, the Health Insurance Counseling and Advocacy Program (HICAP) has trained volunteers to assist you. Contact the senior center for an individual appointment, 757-5696.

HEALTH & WELLNESS

MEDICAL DECISIONS WHEN THEY COUNT MOST

Do you know who you want to make medical decisions for you if you can't communicate? Are you concerned about the declining health of a family member or close friend, but unsure how to talk about what lies ahead? Are you facing important decisions about medical care with aging or ill family members?

The Compassionate Care Alliance will present a short program at the Davis Senior Center on **Friday, November 7 at 10:00 a.m.** to help your family prepare for important decisions if you or a loved one becomes seriously ill. You will learn ideas for talking with family members about these issues, information about advance directives, and things to consider when choosing a spokesperson. Attendees receive resource materials, including a free advance directive document.

HEALTH SPEAKER SERIES – STRESS

Stress is a complex phenomenon. Some days are more wearing and tearing than others and sometimes it seems there is no letup. The good news is that stress is manageable. Marriage and family therapist Mary Lewis will be introducing us to strategies that can be helpful in dealing with the stress in our lives. Join us on **Tuesday, November 25 at 10:30 a.m.** Call to reserve a seat at 757-5696.

HEALTH TIP

With the Thanksgiving feast looming, here are some tips to help you keep your heart and body healthy all the way through the holiday season:

Park in faraway places. If you drive everywhere, get an extra workout by parking in a distant spot and walking to your destination.

Do not wait for the elevator. Take the stairs instead.

Be proactive about fun. Instead of sitting on the couch, go golfing, bowling or dancing for fun. There's lots to keep you active at the senior center!

Stop dreading chores. Embrace active outdoor and indoor chores, such as mowing the lawn or reorganizing your closet. Not only will you feel better once the tasks are no longer looming, you will have gotten a workout.

GAINING BALANCE

Instructor Marg Bartosek will offer a beginning Balance Workshop on **Monday, November 3, 1:00 – 2:30 p.m.** The class is designed to improve stability and alignment, while also trying strategies to regain balance when challenged.

An intermediate Balance Workshop is scheduled on **Monday, November 17, 1:00 – 2:30 p.m.** This class is designed for those who have attended the beginning-level class or its equivalent, and are comfortable getting up from the floor with aid of a chair.

Classes are \$10 for Davis residents. Register at the senior center or at city hall.

MILES FOR MEALS WALK-A-THON

Mark your calendar for the annual "Miles for Meals Walk-a-thon" to benefit The Elderly Nutrition Program of Yolo County. This event, sponsored by *Friends of Meals on Wheels*, will be held on **Saturday, November 8 from 8:00 to 10:00 a.m.**, inside the County Fair Mall in Woodland.



ONGOING FITNESS CLASSES

We offer many fitness classes that can help you reach your fitness goals. For more information, inquire at the Senior Center office, 757-5696.

Balance – Beginning **Nov 3**
(M 1:00-2:30 p.m.) \$10 res/\$16/\$22 non-res

Balance – Intermediate **Nov 17**
(M 1:00-2:30 p.m.) \$10 res/\$16/\$22 non-res

Dynabands AM **Nov 4 – Dec 23**
(T, Th 7:30-8:30 a.m.) \$15/res/\$21/\$27 non-res

Dynabands PM **Nov 3 – Dec 24**
(MWF, 2-3:00 p.m.) \$20/res/\$26/\$32 non-res

Feldenkrais (continuing) **Nov 4 - 25**
(T, 10:15-11:15 a.m.) \$15 res/\$21/\$27 non-res

Feldenkrais (new students) **Nov 4 - 25**
(T, 11:30 a.m.-12:30 p.m.) \$15 res/\$21/\$27 non-res

Fitness for Life - AM **Nov 3 - 26**
(MWF, 7:30-8:30 a.m.) \$33 res/\$39/\$45 non-res

Fitness for Life - PM **Nov 4 - 25**
(T, Th, 2:00-3:00 p.m.) \$18 res/\$24/\$30 non-res

Tai Chi/Chi Gung **Nov 4 - 25**
(T, 9:00-10:00 a.m.) \$14 res/\$20/\$26 non-res

Tap Dancing **Ongoing**
(M, 3:00-4:00 p.m.) Free

Walk n' Talk **Ongoing – Join anytime!**
(MWF, 8:45-9:45 a.m.) No Fee


Yoga – Intermediate **Nov 20 – Dec 18**
(MTh, 8:15-10:15 a.m.) \$75 res/\$81/\$88 non-res

Yoga – Chair **Nov 20 – Dec 18**
(MTh, 10:30-11:30 a.m.) \$40 res/\$46/\$52 non-res

As with any exercise program, we encourage you to speak with your doctor before starting any exercise program to ensure your health & safety.

SUPPORTIVE SERVICES

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

- **INFORMATION & HELP AVAILABLE** - This program helps to guide you through the maze of programs & services available to older adults. Call our Information & Assistance Coordinator for an appointment. This program is funded in part by the Area 4 Agency on Aging.
- **ADVANCE HEALTH CARE DIRECTIVES** - The "Advance Health Care Directive" kit is available for a suggested donation of \$2.50.
- **ARE YOU OK?** - A daily computerized phone call from the Davis Police Department. If you answer the phone, they'll know you are O.K. If not, they check on you.
- **BLOOD PRESSURE CHECKS** - Drop in to get your blood pressure checked at no cost by American Medical Response (AMR) Ambulance Services on the **second Tuesday of every month, 10:30 – 11:00 a.m.**
- **ELDER ID PROGRAM** - This program is aimed at identifying "wanderers" so they can be quickly returned to loved ones. Photo and information are kept by law enforcement.
- **FAMILY CAREGIVER SUPPORT PROGRAM** - Resource specialist Peggy Phelps is available for consultations at the center or your home by appointment. The service includes counseling, resource information and service coordination. Call 666-8828.
- **GUIDE TO RESOURCES AND SERVICES FOR OLDER ADULTS IN YOLO COUNTY** - Single copies available at the front desk. You can also find the Guide on the internet at www.cityofdavis.org/pcs/seniors/, then click on the right column on Senior Resource Guide.
- **HEALTH INSURANCE COUNSELING AND ADVOCACY PROGRAM (HICAP)** - If you have questions about Medicare, long-term care, HMOs, or other health insurance matters, make an appointment with a volunteer counselor. First and third Thursdays of each month.
- **LEGAL CONSULTATIONS** - Davis attorney Bill Kopper is available for 15-minute appointments once a month. Call 757-5696 for available appointment times.
- **MINOR HOME REPAIRS** - Do you have a leaking faucet, a squeaky door, or a torn screen? Do you need a light bulb or furnace filter changed? These and other minor home repairs can be done through Handy Helpers program.
- **MEDICAL EQUIPMENT LOANS** Before buying wheelchairs, walkers, crutches, canes, commodes, shower chairs & toilet seat raisers, check out our medical equipment-lending closet. For a small donation, you can borrow the items you need.
 
- **DIANNE HINSZ MEMORIAL SCHOLARSHIPS** Scholarships are available to pay for the full amount of a class for those who can't afford it. To be eligible, your annual income must be below \$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/lab fees. For more information, please contact the office, 757-5696.
- **SENIOR CITIZENS COMMISSION** - The Commission will be having their next regular meeting on **Thursday, November 13 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. For more information, call 406-4850.

SPECIAL INTEREST GROUPS

AARP POTLUCK

AARP's meeting will be held **Wednesday, November 12 at 11:30 a.m.** The meeting will begin at 11:30 with potluck lunch being served at noon. The program will feature Ted Puntillo who will speak on World War II.



Members should bring a guest and their own table service, food to share or a \$5.00 donation. Members with last names beginning **A to G** dessert, **H to P** hot dish and **Q to Z** salad. For more information, please call Imogene at 796-3462.

BINGO (SCD Style)

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 - 3:00 p.m.**, and the **3rd Saturday of each month from 12:30 - 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 will be here for the Book Review on **Tuesday, November 18 at 9:30 a.m.** to review some of the new books currently available. **Senior Center Reads** follows immediately at **10:30 a.m.** to discuss the current book, *The Brief Wondrous Life of Oscar Wao* by Junot Díaz.

CERAMICS

This group provides a great introduction to the wonderful hobby of ceramics! Students purchase their own greenware, according to personal taste and project needs, and then are provided with a large variety of glazes, stains and decals prior to firing. The minimal monthly fee (\$5) covers the use of all glazes and stains, as well as the use of our on-site kiln. Participants are supported by volunteer instructors, who can assist students and make recommendations as desired.

The class meets on **Tuesday mornings from 9:30 - 11:00 a.m.**, and students are encouraged to drop in and ask questions prior to starting their first class.

CURRENT EVENTS DISCUSSION GROUP

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

DAVIS STAMP CLUB

The Davis Stamp Club will meet **Tuesday, November 4, 7:00 - 8:00 p.m.** For more information, call Anne Hance at 753-7265.

GENEALOGY CLUB & LIBRARY

The Davis Genealogy Club library is open for members and the public on Wednesday and Friday from 1:00 to 4:00 p.m. During library hours volunteers are available to assist visitors in using library resources. These resources include over 1000 books and publications as well as two computers with Internet access.

The **November 24** meeting, beginning at **1:00 p.m.**, will be our holiday party with refreshments and remembrances of family traditions and holidays on the agenda. There will not be a meeting in December, but the library will maintain its regular schedule on days when the Senior Center is open.

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

INTERNET USERS GROUP

The Internet Users meet monthly on the fourth Tuesday from **7:00 - 8:30 p.m.** in the Activity Room. All are welcome, so drop in and enjoy the programs. The next meeting is **Tuesday, November 25.**

“Gift Giving in the Internet Age.” Do you have a useful device or piece of software that you think would make a good gift for someone's family member or friend who uses a computer to access the Internet? Please bring it to 'show and tell' or, if you can't bring it, be ready to talk about it.

We'll also have a Question and Answer session about the Internet and the computers used to access it. We will have Internet access and our projector as well as many minds to help us address questions. If you have a computer question, be sure you will be able to tell us what operating system you use as well as other relevant information.

For more information contact Anne Hance

rahance@dcn.org or Lois Richter 530-758-5058.

December 23: There will be no IUG meeting this month. The next meeting will be January 27, 2009

MAC USERS GROUP

This group will be meeting on **Wednesday, November 12** this month, (because Tuesday is a holiday) from **6:30 - 8:30 p.m.** For more information, Eric Thompson at 758-3098.

MEALS MADE EASY!

Join Cathy Cassevah on **Tuesday, November 18 at 1:00 p.m.** when she will be preparing scones. Please call to reserve your spot, 757-5696. Limited space available.



MUSICIAN JAM SESSION & DANCE

All are invited to trip the "light fantastic" at our dance & musician jam session. Slip on those dancing shoes, and come enjoy our very own band, "*Music From the Back Room.*" We will be meet on **November 14 from 2:15 - 4:30 p.m.** There will only be one dance this month because of the Thanksgiving holiday.

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 - 2:00 p.m.**

ONE-STROKE PAINTING

In November, instructor Sandra Gray-Fitzpatrick will be demonstrating how to paint on **Thursday mornings, November 13 and 20, 9:00 - 11:30 a.m.** The fee for each class is \$8.00. There are additional fees for materials and non-residents, and discounts are available for multiple class registrations. For more information, contact the Senior Center office. Pre-registration is required.

RED HAT SOCIETY

The ladies of the DSC Rockers cordially invite you to their monthly "Game Day" to be held on **Friday, November 21, 1:00 - 3:00 p.m.** All you need is to bring a treat to share, and a willingness to giggle, laugh & truly have some fun!

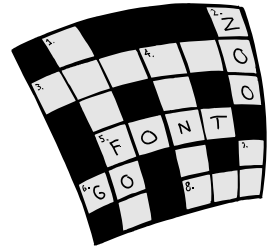
DSC ROCKERS

Join our Red Hat Society group for lunch at Bakers Square, **November 10 at 11:30 a.m.** Call Joyce by November 8, at 758-4757 if you plan to attend.

SENIOR SOLVERS

This group focuses on puzzles (Sudoku, crosswords, etc.) and games to maintain and improve brain functioning.

Bern Kreissman leads the group with tips to help you get better at these challenges. All seniors, both experienced and beginners, are welcome to join the group on **Wednesday, November 12 and 26 at 10:00 a.m.**



WATERCOLOR PAINTING

Senior watercolor continues on Friday mornings with instruction beginning at 9:30 a.m. People gather to set up at 9:00 a.m. All participants should bring watercolor, paper, brushes, paint, a container for water, sketching paper and a desire to explore and have fun. No painting experience required. All are welcome.

Betty Berteaux will guide the class in November. In October Mildred Franklin exposed the group to hat sketching and painting. In September the class did color wheels and collages with Carol Bernard. Each month is different and the seniors enjoy a new emphasis presented by each talented volunteer local art teacher.

Paintings in the hall during September and October were prize winners from the Yolo County Fair. Congratulations to our Senior winners!

OIL & ACRYLICS

The oil & acrylic group are looking for new artists to share their talents with us at our Monday morning studio activity.

We learn from each other and welcome new ideas.....join us! Give us a look between **9:00 - 11:00 a.m.** in the Valente Room.



TAP DANCING

Do you like to tap away to oldies but goodies? Well, why not join other tap enthusiasts on **Mondays from 3:00 - 4:00 p.m.** as instructor Jeanine Jette leads you through the steps and moves to get your heart pumping! This is a great way to get some exercise while having a good time!

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, November 19 at 10:00 a.m.

BREATHERS SUPPORT GROUP – Will not be meeting until January 2009.

MEN'S GROUP – Wednesday, November 19 at 10:00 a.m. (early meeting this month due to the holidays)

PARKINSON'S SUPPORT GROUP – Tuesday, November 25 at 1:30 p.m.

PROSTATE CANCER SUPPORT GROUP – Monday, November 10 at 6:30 p.m. The group invites men who have an interest to learn more about prostate cancer, early awareness, treatments, side effects, and recurrence. The group has men with case histories who can provide information and comfort to men seeking aid. For more information, call (530) 8322 or (530) 756-9153.

TRANSITIONS GROUP - Wednesdays, November 12 & 26 at 10:00 a.m. Members feel this group is so beneficial, they wanted two meetings per month rather than one. Whether you're dealing with health problems, feeling blue, loss of a loved one, or just trials of aging, this group is a great place to find insight and support.

SPECIAL ACTIVITIES & EVENTS**WELCOME OUR NEW SENIOR CENTER SUPERVISOR!**

The City of Davis is pleased to announce Maria Lucchesi as the new Community Services Supervisor here at the Davis Senior Center, Maria comes to us from the City of Woodland Community & Senior Center, where she has served as their Community Resource Specialist for the past eight years. Her responsibilities included providing information and assistance services to older adults, as well as, planning and implementing a variety of activities and special events. Maria has a B.A. in Social Work, and holds a Graduate Certificate in Gerontology from Sacramento State University. She is also a Certified Information and Referral Specialist.



Maria is very knowledgeable about our center and its programs, and already has a great working relationship with many of the existing Senior Center staff. She also comes to this position with pre-established, cooperative working relationships with many of our partnering organizations and older adult service providers that will definitely be a great benefit to our center as she begins her new career with us. We anticipate Maria beginning her new responsibilities here at the center on November 3.

Please join us as we welcome Maria to our fabulous team on **Tuesday, November 25 from 1:00 to 2:00 p.m.** in the Valente Room. Light refreshments will be served. We encourage everyone to stop by, say hello and welcome her to our wonderful center!

AARP DRIVERS SAFETY RENEWAL CLASS

The full 8-hour driver safety class will be offered **November 5 & 6, 12:30-4:30.** You will still get a certificate for a reduction in car insurance rates. Class size is limited and you need to sign up in advance. Make your check out to AARP for \$10 per person.

MISCELLANEOUS

FIND US ON THE WEB

The Davis Senior Center has a new website as a result of the reorganization of the city's departments. Since we are now part of the Community Services Department, our web address has changed to www.cityofdavis.org/cs/seniors/. This website will also allow you to view the latest Senior Scene newsletter at www.cityofdavis.org/cs/seniors/seniorscene/. Using the old website will connect you with old information, so don't go there!

TECHNOLOGY CHALLENGED?

You can get individual help at the senior center with learning to use your cell phone or a computer. We have UC Davis student volunteers who can help you navigate through these new technologies, and there is no fee for their services! Call 757-5696 to set up an appointment.

CAREGIVERS MONTH

November is National Family Caregivers Month, a time to thank, support, educate and empower family caregivers. Here are some tips to enhance the holidays for caregivers and their loved ones:

- Set realistic expectations. Some changes in tradition may be necessary.
- Delegate holiday tasks. Don't do all the work yourself.
- Shop by mail or online.
- Order a gift for yourself.
- Schedule special events between two quiet days.
- Try to schedule activities at the elder's best time of day.
- Avoid major changes in diet. Now is not the time to lose a few pounds.
- Play holiday music. It can bring back good memories and provide a soothing atmosphere.
- Before visiting, make sure homes have accessible entrances, bathrooms and dining rooms.
- Take advantage of low-cost or free community activities. Visit decorated neighborhoods, listen to song fests, etc.

HOLIDAY CARDS

Buy your holiday cards at the senior center this year and save a bundle! The cards, donated to us, are priced to sell; most are 10 for \$1. Support senior programs and help keep our inventory under control by purchasing your cards here.

SET YOUR CLOCKS BACK

Daylight savings time ends on **Sunday, November 2 at 2:00 a.m.** Remember to set your clocks **back** Saturday night, November 1, when you go to bed.



SENIOR SURVEY

To find out what seniors in Yolo County need most, Area 4 Agency on Aging (A4AA) is surveying people age 60 and older. The survey is available at the Davis Senior Center and at other locations throughout the county. You can also take the survey online at: www.a4aa.com. The deadline to return completed surveys is **November 17, 2008**.

The survey has questions about your health, your activities and things that may concern you, such as finding transportation, accessing health services, and getting in-home help.

Survey results will help determine how state and federal funds for local senior programs are spent. This includes vital services like meals on wheels, senior legal assistance, caregiver support, and others. The results can also help with grant-writing efforts to try to bring additional money and services to Yolo County seniors.

YARD HELP AVAILABLE



Davis Oddfellows Lodge #169, is offering to help Yolo County older adults with home or yard projects that can be finished in one day. This could include free yard cleanup and haul away of garbage or other small jobs. We can provide tools as well as some materials. Please submit your name and phone number to Christina Beede at 530-681-2529 or e-mail: czbeede@sbcglobal.net. We hope to start working with you soon. This is an ongoing offer to Yolo County seniors. (Please note that requests for help should go directly to Christina, not to the Davis Senior Center.)

NUGGET RECEIPTS FOR THE HOLIDAYS.

Don't forget to turn in your holiday receipts from Nugget Market to the Senior Center. They donate 1% of the total receipt to us. It's a wonderful fundraiser. Thanks for your help.

HEART HEALTHY EATING

These guidelines will make your current diet more heart-healthy.



Force fruit - Include at least one serving at breakfast, another as a snack between meals, then pair more fruit with cheese or yogurt for dessert.

Mix your veggies - Instead of one or two side veggies, try a salad of mixed greens or a soup that blends many vegetables and beans.

Minimize red meat - Substitute fish or chicken whenever you can, and when you do eat beef, mix it with whole grains and veggies in stews, stuffed tomatoes, and similar dishes.

Substitute fats - Use olive oil in place of other oils and fats (including butter and margarine) at every opportunity. In the traditional Cretan diet, this heart-healthy oil accounted for up to one third of islanders' daily calories!

VOLUNTEER CORNER

HOLIDAY DINNER DANCE VOLUNTEERS NEEDED!

If you can help, sign up at the front office. We need assistance with guest check-in, kitchen clean-up, decorations and a few as needed.

Volunteers can determine the time they will be needed at the center for a particular function when signing up. Or call Wes Penny at the center, 757-5696.

JOIN SUTTER AUXILIARY

For the year ending 2007 Sutter Davis Hospital volunteers completed 1560 hours of service throughout the hospital. The Auxiliary needs your help to increase this level of service. Interested? Call Sutter information desk at (530) 759-7485.

MOVIES

Thanks to Videos To Go for making the showing of these films possible. Show time is 12:15 on Fridays.

November 7 – Eight Below – Brutal cold forces two Antarctic explorers to leave their team of sled dogs behind as they fend for their survival.

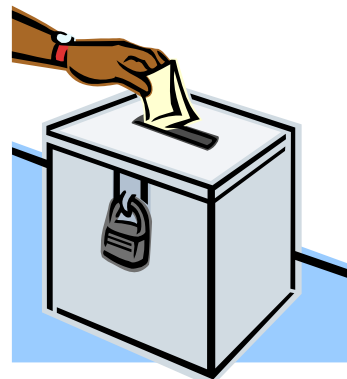
November 14 – Young at Heart - A story of the Young at Heart Chorus, a group of senior citizens who perform contemporary and classic rock and pop songs.

November 21 – The Queen - After the death of Princess Diana, Queen Elizabeth struggles with her reaction to a sequence of events nobody could have predicted. Helen Mirren stars.

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

- **NUGGET MARKET RECEIPTS** (it's a fundraiser for SCD & the Senior Center)
- **USED PRESCRIPTION EYGLASSES AND HEARING AIDS**
- **HOUSEHOLD BATTERIES** (we keep them from contaminating the landfill)
- **CHARITABLE FINANCIAL GIFTS** are always welcome (and tax deductible).

**REMEMBER TO VOTE
The big day is November 4**



DAVIS TRAVELAIRES**A Non-Profit Travel Organization****Kay Jeffery, Executive Director****646 A Street, Davis, CA 95616****(530) 753-4159****Office Hours: M, W, F 10 a.m.-2 p.m.**

November 11-15 – Showtime in Las Vegas – Two of the HOTTEST shows in Vegas are “Love” which brings the magic of Cirque du Soleil together with the spirit of the Beatles and “Barry Manilow Music and Passion.” And we have tickets for both! We’ll also visit Red Rock Canyon where red, brown and gray sandstone have eroded into spectacular shapes, and the new highly acclaimed Las Vegas Springs Reserve where we can explore the geological and biological history of Las Vegas Valley and Mojave Desert. Three-night stay at Sunset Station Casino, Henderson. Spend a day casino hopping, viewing the water fountain shows or the art collection at the Bellagio, the canals and architecture of the Venetian or stay behind at our hotel which has eight restaurants, a bowling alley and movie theater. A shopping center is nearby. One night at El Capitan in Hawthorne. \$995 pp dbl., add \$131 ss.

December 1 & 2 – Holiday Ice Spectacular – Reno’s Eldorado Hotel presents its annual holiday sensation. This year, professional ice skaters perform Olympic figure skating routines to your favorite holiday classics. One night at the Eldorado, show tickets, breakfast and dinner buffets, 4 hours at Boomtown \$5 cash. \$5 food. \$160 pp dbl.

December 7 – Festival of Trees – wait list.

December 11 – Poinsettia Tour – wait list.

December 17 & 18 – Holiday Overnight in San Francisco - Spend the night at the Handlery Hotel on Union Square. Time for shopping or browsing on the square before dinner at Castagnolia Restaurant on Fisherman’s Wharf. Then enjoy the Annual Smuin Christmas Ballet at Yerba Buena Theatre. The show is dancing at its best, choreographed by Tony Award winner Michael Smuin. It’s wonderfully upbeat and fun. Next day, visit Hoogasian Florist and free time at Nordstrom Center. \$320 pp dbl., add \$75 ss.

January 15, 2009 – New Academy of Sciences –

NOTE: Due to the sell-out of the previous trip, we’ve added a new one. Visit the fabulous new building housing the Steinhart Aquarium, Morrison Planetarium, and Natural History Museum. Exciting new adventures await plus several restaurants for your dining pleasure. \$73.

February 10 & 11 – Snow Train – Ride Amtrak train across the snow covered mountains to Reno. Overnight at Silver Legacy. Included breakfast, four-hour stop at Nugget Casino with bonus of \$8 cash and \$2 food. All proceeds benefit the Davis Senior Center. \$160 pp, dbl., ss add \$20.

February 21-25 – A New Death Valley Adventure – The valley comes to life when Pink Jeep Tour Trekkers show you the most spectacular highlights of the largest national park in the contiguous U.S. Ride in the comfort of fully enclosed Jeep vehicles with comfy bucket seats to view vistas that have been unreachable to us by motor coach. Included are daily breakfasts, barbeque dinner “under the stars,” dinner at Furnace Creek Inn and more. \$1135 pp, dbl., ss add \$238.

March 16 – 25 – Mississippi River Barge, Delta South – Spend two days in New Orleans, stay at the historic Monteleone Hotel in the French Quarter. City tour, hosted breakfast, dinner at New Orleans Cooking School, Jazz Brunch at Court of Two Sisters. Then board the only hotel barge on the river for a leisurely cruise up river to Memphis, stopping to tour Natchez, Vicksburg and Helena, AR. Tour Memphis with lunch at Corky’s BBQ. Included are airfare, airport transfers, skycaps, all meals and entertainment on the barge, all gratuities for listed events. Royal Deck \$3655. pp dbl., Platinum Deck \$3765. Sign up before December 12 and receive \$50 “Bargebucks” per cabin.

April 26, 2009 – Tommy Tune – Having won the nation’s highest honor for Artistic Achievement at a private ceremony in the Oval Office of the White House, nine Tony Awards and others too numerous to mention, this song and dance man along with the Manhattan Rhythm Kings will provide a memorable afternoon of first-class entertainment at the Marin Auditorium. Lunch included at La Toscana Italian. \$159.



Davis Senior Center Activities – November 2008

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 7:30am Fitness For Life* 8:30am Intermediate Yoga* 10:30am Chair Yoga* 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 Beginning Balance Workshop* 2:00pm Dynabands* 3:00pm Tap Dancing 6:30pm Social Bridge</p>	<p>4 7:30am Dynabands* 9:00am Ceramics 9:00am Tai Chi 10:15am Feldenkrais 11:30am SCD Luncheon/Business Mtg. 1:00pm Bridge/Pinochle 2:00pm Fitness For Life* 7:00pm Stamp Club</p>	<p>5 7:30am Fitness For Life* 8:45am Walk N' Talk/Pehlke Pacers 9:00am Peer Counselors Meeting 10:00am AARP Board Mtg 12:30pm Driver Safety Class* 1:00pm Hem & Haw 1:00pm Poker 1:00-4:00pm Genealogy Library Hours 2:00pm Dynabands*</p>	<p>6 7:30am Dynabands* 8:30am Intermediate Yoga* 9:20am Memoirs* 10:30am Chair Yoga* 12:30pm Bingo 12:30pm Driver Safety Class* 2:00pm Fitness For Life*</p>	<p>7 7:30am Fitness For Life* 8:45am Walk N' Talk/Pehlke Pacers 9:20am Memoirs* 9:30am Watercolor Painting 10:00am Medical Decisions Talk 12:15pm Video Movie 1:00pm Nostalgics 1:00-4:00pm Genealogy Library Hours 2:00pm Current Events 2:00pm Dynabands* Sat., Nov. 8, 12:00 – 3:00 pm SCD Bingo</p>
<p>10 7:30am Fitness For Life* 8:30am Intermediate Yoga* 10:30am Chair Yoga* 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 Assistance* 3:00pm Tap Dancing 6:30pm Social Bridge 6:30pm Prostate Cancer Support Group</p>	<p>11</p> <p style="font-size: 1.2em;">Veterans Day Holiday</p> <p style="font-size: 1.2em;">SENIOR CENTER & ENP Program CLOSED</p>	<p>12 7:30am Fitness For Life* 8:45am Walk N' Talk/Pehlke Pacers 10:00am Senior Solvers - puzzles group 10:00am Transitions Group 11:30am AARP Potluck/Business Mtg. 1:00pm Hem & Haw 1:00pm Poker 1-4:00pm Genealogy Library Hours 2:00pm Dynabands* 6:30pm Mac Users Group</p>	<p>13 7:30am Dynabands* 8:30am Intermediate Yoga* 9:00am One Stroke Painting* 9:20am Memoirs* 9:30am Bridge Lessons* 10:30am Chair Yoga* 12:30pm Bingo 1:00pm Bridge Lessons* 2:00pm Fitness For Life* 2:30pm Senior Commission Mtg.</p>	<p>14 7:30am Fitness For Life* 8:45am Walk N' Talk/Pehlke Pacers 9:30am Watercolor Painting 9:20am Memoirs* 12:15pm Video Movie 1:00pm Nostalgics 1:00-4:00pm Genealogy Library Hours 2:00pm Dynabands* 2:15pm Jam Session & Dance</p>
<p>17 7:30am Fitness For Life* 8:30am Intermediate Yoga* 10:30am Chair Yoga* 8:45am Walk N' Talk/Pehlke Pacers 9:00am Oil/Acrylic Painting 12:30pm Duplicate Bridge 1:00pm Genealogy 1:00pm Scrabble/Bridge/Mah Jongg/Canasta 1:00pm Intermediate Balance Workshop* 2:00pm Dynabands* 3:00pm Tap Dancing 6:30pm Social Bridge</p>	<p>18 7:30am Dynabands* 9:00am Ceramics 9:00am Tai Chi* 9:30am Book Review 10:15am Feldenkrais* 10:30am Senior Center Reads 11:30am Feldenkrais* 1:00pm Bridge/Pinochle 2:00pm Fitness For Life*</p>	<p>19 7:30am Fitness For Life* 8:45am Walk N' Talk/Pehlke Pacers 10:00am Alzheimer's Support Group 10:00am Men's Group 11:00am Food Distribution 1:00pm Hem & Haw 1:00pm Poker 1:00-4:00pm Genealogy Library Hours 2:00pm Dynabands*</p>	<p>20 7:30am Dynabands* 8:30am Intermediate Yoga* 9:00am HICAP Appts* 9:00am One Stroke Painting* 9:20am Memoirs* 9:30am Bridge Lessons* 10:30am Chair Yoga* 12:30pm Bingo 1:00pm Bridge Lessons* 2:00pm Fitness For Life* 3:00pm Mad Hatter Tea Party*</p>	<p>21 7:30am Fitness For Life* 8:45am Walk N' Talk/Pehlke Pacers 9:30am Watercolor Painting 9:20am 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* 8:45am Walk N' Talk/Pehlke Pacers 9:00am Oil/Acrylic Painting 12:30pm Duplicate Bridge 1:00pm Scrabble/Bridge/Mah Jongg/Canasta 1:00pm Genealogy Club Meeting 2:00pm Dynabands* 3:00pm Tap Dancing 6:30pm Social Bridge</p>	<p>25 7:30am Dynabands* 9:00am Ceramics 9:00am Tai Chi* 9:00am SCD Board Mtg 10:15am Feldenkrais* 10:30am Health Speaker Series – Stress* 11:30am Feldenkrais* 1:00pm Bridge/Pinochle 1:00pm Welcome Maria Reception 1:30pm Parkinson's Support Group 2:00pm Fitness For Life* 7:00pm Internet Users Group</p>	<p>26 7:30am Fitness For Life* 8:45am Walk N' Talk/Pehlke Pacers 10:00am Transitions Group 10:00am Senior Solvers - puzzles group 1:00pm Hem & Haw 1:00pm Poker 1:00-4:00pm Genealogy Library Hours 2:00pm Dynabands*</p>	<p>27</p> <p style="font-size: 1.2em;">Thanksgiving Day</p> <p style="font-size: 1.2em;">SENIOR CENTER & ENP Program CLOSED</p>	<p>28</p> <p style="font-size: 1.2em;">Thanksgiving Holiday</p> <p style="font-size: 1.2em;">SENIOR CENTER & ENP Program CLOSED</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 Please call 757-5696</p>

November 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>3</p> <p>*Broccoli* & Cheddar Casserole *Zippy Carrot Bake *Wheat Croissant *Fruit Juice+</p>	<p>4</p> <p>SCD Membership Luncheon</p> <p>No ENP Meal Today MOW Delivery Only</p>	<p>5</p> <p>Beef Stroganoff Tender Beef with mushrooms & sour cream sauce served over *Pasta Capri Blend Vegetables *Multigrain Roll *Fruit Juice+</p>	<p>6</p> <p>*Leticia's Arroz Con Pollo *Refried Beans w/Lime Ensalada (Salad) *Flour Tortilla *Winter Fruit Medley*</p>	<p>7</p> <p>Lemon Pepper Fish w/Tartar Sauce *Creamy Cottage Potatoes+ Mixed Vegetables* *Whole Wheat Bread *Diced Pears</p>	<p>Reservations/ Cancellations <u>must be made by noon</u> the day before by calling the site:</p> <p>DAVIS SENIOR CENTER 646 A Street 757-5541</p>
<p>10</p> <p>Pork Fritter w/Mango Sauce *Potatoes+ *Savory Steamed Cabbage+ *Buttermilk Biscuit *Applesauce</p>	<p>11</p> <p>Veteran's Day Holiday Senior Center & ENP Program closed</p>	<p>12</p> <p>*Minestrone Soup **Turkey Sandwich on Whole Wheat w/lettuce & Condiments *Whole Wheat Crackers **Sunset Salad*+</p>	<p>13</p> <p>Pepper Steak w/Bell Peppers, Onions, & Tomatoes *Whipped Potatoes+ *Multigrain Roll *Apricots*</p>	<p>14</p> <p>*Juice+ Mushroom Chicken *Couscous *Cauliflower+ & Carrots* *Whole Wheat Bread</p>	<p>WEST SAC SENIOR CENTER 664 Cummins Way (916) 373-5805</p>
<p>17</p> <p>*Hearty Chili Con Carne+ w/Beef California Blend Vegetables* *Cornbread Muffin *Peaches</p>	<p>18</p> <p>*Savory Chicken Breast w/bread Stuffing Mixed Vegetables+ **Rye Krisp Crackers *Fruit Juice+</p>	<p>19</p> <p><i>Happy Birthday</i> *Scrumptious Seafood Tart (contains shrimp) *New Potatoes w/Dill+ Steamed Spinach* *Wheat Roll, *Juice+ **Birthday Cake</p> 	<p>20</p> <p>*Fruit Juice+ *Apple & Spice Roast Pork *Baked Winter Squash* Green Beans *Whole Wheat Bread</p>	<p>21</p> <p>Garden Salad+ *Quiche Provencal *Oven Roasted Potatoes+ **Blueberry Bake *Fresh Orange+</p>	<p>KNIGHTS LANDING HARBOR APARTMENTS 9320 Mill St 662-7035</p>
<p>24</p> <p>**Pasta Primavera w/Italian Cheese Blend & Zucchini Stewed Tomatoes+ *French Roll *Mixed Fruit</p>	<p>25</p> <p>**Polish Dog w/Bun (Contains beef & pork) Sauerkraut+ *Corn Niblets *Fresh Fruit</p>	<p>26</p> <p>Thanksgiving Dinner Roast Turkey w/Cranberry Sauce *Whipped Sweet Potatoes* *Home Style Stuffing *Green Bean Casserole *French Roll **Pumpkin Pie* w/Whipped Topping</p>	<p>27</p> <p><i>Happy Thanksgiving</i></p> <p>Thanksgiving Holiday</p>	<p>28</p> <p>Thanksgiving Holiday</p>	<p>WINTERS COMMUNITY CENTER 201 Railroad Avenue 795-4241</p>
<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 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 sodium </p>					<p>WOODLAND SENIOR CENTER 2001 East Street 668-0974</p> <p>ESPARTO 662-7035</p>
<p>ELDERLY NUTRITION PROGRAM WOODLAND 662-7035</p>					

\$3.00 SENIOR CONTRIBUTION

Mandatory charge of \$3.50 for Essential Volunteers (Under 60)

\$7.00 GUEST FEE for people under 60 unless accompanied by their senior spouse.