

# Senior Scene



Transportation: (530) 757-4408  
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**October 2008**  
[www.cityofdavis.org/cs/seniors/](http://www.cityofdavis.org/cs/seniors/)

## SENIOR HEALTH FAIR & FLU SHOTS



Our annual senior health fair, co-sponsored by Sutter West Medical Group, will be on **Wednesday, October 29, 9:00 a.m. to 12:00 noon.**

For a \$10 fee, the Yolo County Public Health Department will offer flu shots for individuals age 60+ and adults with high-risk health conditions. In addition to health exhibits and screenings, look for these services:

- Caregiver resources
- Veterans services
- AARP
- Yolo County Older Adult Program
- California Telephone Access Program
- Elderly Nutrition Program
- Health Insurance counseling
- Hearing aid cleaning & checks
- Eyeglass cleaning and repair
- Unitrans, YoloBus & DCT
- Breast Cancer info & support
- Prostate Support Group

## CHRIS HELWEG RECEPTION

Join us **Thursday, October 23, 3:00 – 4:30 p.m.** as Senior Citizens of Davis hosts an “Appreciation Reception” for Christine Helweg. Chris served as supervisor of the Davis Senior Center from October 1998 until last month, when she was promoted to Community Services Superintendent for the city. The reception will give us all a chance to thank Chris for her advocacy on behalf of local seniors and her visionary leadership that helped our center to evolve and grow. Everyone is welcome.

## MEMORY LOSS AND BRAIN HEALTH

Many adults contend with memory loss as they age. Recent studies have shown that challenging your brain by learning new things can stave off the cognitive decline that comes with aging. Dr. Halima Karim, a neurologist with Woodland Healthcare, will be speak at the senior center on **Wednesday, October 8 at 10:00 a.m.** about the newest research regarding memory loss and brain health and what you can do to improve your memory.

Vacant, Community Services Supervisor  
Lisa DeAmicis, Information & Assistance Coordinator  
Jan Butler, Senior Office Assistant

**SENIOR CENTER STAFF**  
Kay Jeffery, Travelaires Executive Director  
Lesley Nelson, Nutrition Site Manager

Marie Bischoff, Asst. Program Coordinator  
Katacha Diaz, Office Assistant

## SENIOR CITIZENS OF DAVIS Building for a Better Tomorrow

### SCD BUSINESS LUNCHEON – OCTOBER 7

The luncheon and entertainment this month is a “Mystery.” The cost is \$5 for members and \$7.00 for non-members. Social hour starts at 11:30 a.m. Sign up now and join in the fun, pleasure and excitement of the “Mystery.”

Please save **Tuesday, November 4** for the next SCD monthly membership meeting and luncheon! We will have a Veterans program and classic Latin and blues guitarist's music. Menu will be lasagna and salad. Cost will be \$8 for members and \$10 for non-members. Sign up now and join in.

### SUNSHINE LADY

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

*Get well* cards to Tulla Steinsmith, Alvina “Tippy” Hemmerling, Judy McChristian, Betty Paro and Ann Davis.

*Thinking of You* cards to Rush Darigan, Joyce Smith and Ruth Griggs.

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

President -	Wes Penny
Vice President -	Vacant
Budget & Finance Director -	Ed Quinteros
Secretary -	Liz Fisher
Treasurer -	Carol Harting
Membership Services -	Barbara Hager
PR & Special Activities -	Don Harting
Sunshine -	Eileen Byrne
Technology & Marketing Svcs.	John Gerlich

### NEW MEMBERS FOR AUGUST - SEPTEMBER

Please join us in welcoming the following new SCD members: Doreen Caro, John & Mary Lee Hardie, Marguerite Sullivan, Henry & Sue Bruneau, Grant & Lois Chappell and Dot Dunkle.

### “SENIOR OF THE YEAR” NOMINATIONS

The “Senior of the Year” Committee will be accepting nomination forms for this year’s recipient beginning October 1. Eligible nominees must be volunteers for the center and a current SCD member. Nominees may be submitted by anyone here at the center, but a form must be completed. 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. Forms will be available at each lobby entrance to the Senior Center beginning October 1.

### SCD OFFICERS BEING RECRUITED

Officers for 2009 are being elected and we need a “few good humans” to serve on the Board of Directors. Please contact Wes Penny, Barbara Hager or Liz Fisher if you would be willing to work with a wonderful bunch of humans and get more involved in Senior Center activities. We need you!

### “COOL” GRANDPARENTS CONTEST

SCD’s Board of Directors wish to thank each grandchild who took the time to enter in the “Cool” Grandparent Contest. It was wonderful of you to share your special feelings and thoughts about your grandparents with all of us. For that we are grateful. Thank you.

The winners of the \$100 U. S. Savings Bonds were:

Age 10-12 Winner, Zachary Iams, grandson of Betty Iams

How does someone describe his cool grandmother he holds dear? A grandmother who has cared for, loved and cherished him since he first arrived in this world? You could say the easy things, like her love, or compassion. Or you could open up to the thoughts about everything she has done for him.

When I’m sick I am given comfort. When I’m sad I’m shown happiness, and when I’m frustrated or unhappy, I’m given love. It’s the thing that goes above all. It’s the thing that makes my grandmother the most amazing and cool grandmother.

She has encouraged me on when I have given up. She has said the things I needed to hear. And she has made sure my day is a happy one.



## TRANSIT INFORMATION

### DOES YOUR CAR FIT?

Here's a way to maximize your safety in your own vehicle. On **Wednesday, October 1, 9:00 a.m. -noon**, the CarFit program will be returning to the senior center. CarFit, created by the American Society on Aging and developed in collaboration with AAA, AARP, and the American Occupational Therapy Association, is the first program to provide older adults the opportunity to check how their personal vehicle "fits" them. Trained professionals will lead you through a 12-point checklist with your vehicle, recommend personal vehicle adjustments & adaptations, and offer specific community resources that could enhance your overall safety.

CarFit assessments must be scheduled in advance by calling 757-5696. Unfortunately, no drop-ins can be accommodated.

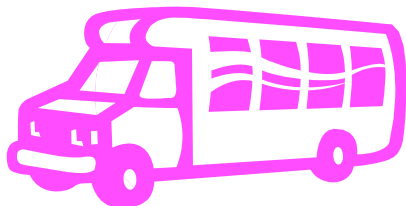
### DAVIS COMMUNITY TRANSIT

This month we would like to thank all of our customers for your patience while we all get used to our new buses.

Customers as well as drivers are expressing

concerns about the differences between our newer vehicles and our older vehicles. We are working with our mechanics to see if there are any ways in which we can make the buses more user friendly for everyone. The buses have met all of the requirements under the Americans with Disabilities Act and have met all of the specifications under CalTrans. Although the transition to the new vehicles is an adjustment overall we are receiving positive feedback about the vehicles. Please feel free to call the office if you have any questions at 757-4408.

Please be reminded that as the cooler weather approaches we do not expect anyone to wait for the bus in the cold and rain, however you must wait in an area where you are able to clearly see or hear the bus arriving.



## HEALTH & WELLNESS

### CANCER PREVENTION

The American Institute for Cancer Research recommends the following steps to reduce your chances of cancer.

1. Be as lean as possible without becoming under-weight.
2. Be physically active for at least 30 minutes every day.
3. Avoid sugary drinks. Limit consumption of energy-dense foods (particularly processed foods high in added sugar, or low in fiber, or high in fat).
4. Eat more of a variety of vegetables, fruits, whole grains and legumes such as beans.
5. Limit consumption of red meats (such as beef, pork and lamb) and avoid processed meats.
6. If consumed at all, limit alcoholic drinks to two for men and one for women a day.
7. Limit consumption of salty foods and foods processed with salt (sodium).
8. Don't use supplements to protect against cancer.

And always remember-

Do not smoke or chew tobacco!

### FLU SHOTS FOR KIDS, TOO

The government is recommending flu shots for virtually all children this year, not just those under age 5. It's a huge change, prompted by evidence that children are key flu spreaders. This year, the government recommends that children age 6 months to 18 years be vaccinated. This change could have the effect of protecting not only the children, but entire communities by decreasing the spread of the virus. Less virus means more protection for the elderly and others at high risk from the flu. People over age 65 account for most of the 36,000 flu-caused deaths each winter.

### MORNING DYNABANDS CLASS

We've added morning sessions of the popular DynaBands class. The current session runs **7:30-8:30 a.m., Tuesdays and Thursdays, through October 30**. You can take all those classes for only \$8 that's less than \$1 per workout!

These classes utilize resistance bands to increase flexibility and improve muscle tone in a fun, supportive environment. All exercises are done

from a seated position, and can accommodate people at all ability levels. If you are unsure, please come to observe before signing up.

## GAINING BALANCE



Instructor Marg Bartosek will offer a beginning Balance Workshop on **Monday, October 6, 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, October 20, 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. The class provides a little more challenge for participants, while they practice standing and walking with a narrow base of support, sitting and standing on more challenging surfaces.

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.



Prizes will be awarded for most laps walked, most money pledged, and oldest walker in different age, gender and group categories. Walkers of all ages (and speeds) can enjoy refreshments, listen to lively music from a local disc jockey, and get in a little exercise at the same time!

## 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.

<b>Balance – Beginning</b> (M 1:00-2:30 p.m.)	<b>October 6</b> \$10 res/\$16/\$22 non-res
<b>Balance – Intermediate</b> (M 1:00-2:30 p.m.)	<b>October 20</b> \$10 res/\$16/\$22 non-res
<b>Dance To 100!</b> (W, 3:30-4:30 p.m.)	<b>Sept 17 – Oct 8</b> \$16 res/\$22/\$28 non-res
<b>Dynabands AM</b> T, Th 7:30-8:30 a.m.)	<b>Ongoing – October 30</b> \$8/res/\$14/\$20 non-res
<b>Dynabands PM</b> (MWF, 2-3:00 p.m.)	<b>Ongoing – October 31</b> \$10/res/\$16/\$22 non-res
<b>Feldenkrais (continuing)</b> (T, 10:15-11:15 a.m.)	<b>October 7 - 28</b> \$20 res/\$26/\$32 non-res
<b>Feldenkrais (new students)</b> (T, 11:30 a.m.-12:30 p.m.)	<b>October 7 - 28</b> \$20 res/\$26/\$32 non-res
<b>Fitness for Life - AM</b> (MWF, 7:30-8:30 a.m.)	<b>October 1 - 31</b> \$42 res/\$48/\$54 non-res
<b>Fitness for Life - PM</b> (T, Th, 2:00-3:00 p.m.)	<b>October 2 - 30</b> \$27 res/\$33/\$39 non-res
<b>Tai Chi/Chi Gung</b> (T, 9:00-10:00 a.m.)	<b>October 7 - 28</b> \$18 res/\$24/\$30 non-res
<b>Tap Dancing</b> (M, 3:00-4:00 p.m.)	<b>Ongoing</b> Free
<b>Walk n’ Talk</b> (MWF, 8:45-9:45 a.m.)	<b>Ongoing – Join anytime!</b> No Fee
<b>Yoga – Intermediate</b> (MTh, 8:15-10:15a.m.)	<b>Sept 25 – Oct 20</b> \$75 res/\$81/\$88 non-res
<b>Yoga – Chair</b> (MTh, 10:30-11:30 a.m.)	<b>Sept 25 – Oct 20</b> \$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.*

## **INFORMATION & ASSISTANCE**

### **CHECKS DELAYED**

If you applied for Homeowners or Renters Assistance this year, don't be surprised if your check has not arrived. The State of California cannot start issuing checks until the state budget is passed. As we go to print, there is still no budget.

### **TRUSTS, WILLS & ESTATES COURSE**

Estate planning can get very confusing. To help build your basic knowledge of trusts, wills and estates, UCD law student Jay Yin will offer a free, 4-week course at the senior center this month. Classes will be held **Tuesdays and Thursdays, 10:00-11:30 a.m. beginning October 7.**

He will attempt to answer questions such as: How will my money and property be distributed if something happens to me? How can I understand my attorney when s/he talks in legalese? Is a living trust for me? What does community property mean and where does it go after me. How can I protect my family member from a third party or even himself/herself? This short course aims to answer some of these basic questions and provide a working knowledge of trusts, wills and estates in California. Class size is limited to 12 people, and pre-registration is required. Call 757-5696 to register.

Jay Yin took "Trusts, Wills and Estates" from Professor Evelyn Lewis last semester and wants to share what he learned as a community service. Jay is expected to graduate from King Hall in May 2009.

### **SOCIAL SECURITY SERVICES**

A representative from the West Sacramento Social Security office will be here on **Wednesday, October 22 at 9:00 a.m.** to assist you with any questions or problems related to Social Security. Clients are seen on a first come, first served basis.

### **BICYCLE MAPS ARE HERE**

Pick up the latest city of Davis bicycle map in the senior center lobby. The map includes bike lanes and bike paths within the city and on campus. It also includes cycling tips, rules and regulations, and bike theft protection tips. Best of all, the map is free!

### **DOWNSIZE WITH PROP 60**

Many California seniors think twice about downsizing because they fear losing their low property tax rates protected under Proposition 13. Little-known state laws, known as Prop. 60 and Prop. 90, actually allow many homeowners over age 55 to transfer their lower tax rates as they downsize to different homes in California. The following information is from the State's Board of Equalization website:

Typically the property tax of a newly purchased or constructed residence is based on its current market value upon change of ownership. However, the provisions of Propositions 60 and 90 may result in substantial tax savings since it allows the property tax of the original (sold) property to be transferred to the newly purchased or constructed home if eligibility requirements are met. Here are the eligibility requirements for Propositions 60/90.

1. You, or a spouse residing with you, must have been at least 55 years of age when the original property was sold.
2. The replacement property must be your principal residence and must be eligible for the homeowners' exemption or disabled veterans' exemption.
3. The replacement property must be of equal or lesser "current market value" than the original property.
4. The replacement property must be purchased or built within two years (before or after) of the sale of the original property.
5. To receive retroactive relief from the date of transfer, you must file your claim within three years following the purchase date or new construction completion date of the replacement property.
6. Your original property must have been eligible for the homeowners' or disabled veterans' exemption either at the time it was sold or within two years of the purchase or construction of the replacement property.

Most transfers between parents and children will not qualify. In addition, this benefit may not be available when you purchase a home outside of your current county. This is a one-time only benefit. For more information, visit

[www.boe.ca.gov/proptaxes/faqs/propositions60\\_90.htm#1](http://www.boe.ca.gov/proptaxes/faqs/propositions60_90.htm#1)

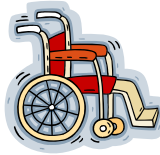
## SUPPORTIVE SERVICES

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/](http://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, October 9 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](http://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, October 8, at 11:30 a.m.** The meeting will begin at 11:30 with potluck lunch being served at noon. The program will be Brianna Wilson who entered the Yolo County Idol contest and won! She will sing.

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 hot dish, H to P salad and Q to Z dessert.** For more information, please call Imogene at 530-796-3462.

### 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 3<sup>rd</sup> 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.



### NEW BOOK REVIEW

Interested in what is hot off the press? On **Tuesday, October 21 at 9:30 a.m.,** Stan Forbes of the Avid Reader on Broadway in Sacramento will bring a box of the latest books just received by his store including fiction, non-fiction, and children's books. He will spend time reviewing them and recommending books for future reading. The meeting is open to the public.

### CERAMICS

This class is a great way to introduce you 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, October 3 & 17 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, October 7, 7:00 - 8:00 p.m.** For more information, call Anne Hance at 753-7265.

### GENEALOGY CLUB & LIBRARY

The Davis Genealogy Club meets the last Monday of every month at **1:00 p.m.** This month's program, on **Monday, October 27** is sure to delight members and guests who have Irish lines to research. Our speaker will be **Cath Madden Trindle**, a certified genealogist and experienced lecturer from the Bay Area whose topic will be "Born Irish – Finding Records for your Irish-Born Ancestor." Her lecture will include help in finding county and townland information, civil registration and church records, and using census and census substitutes in your research.

The club library is open on Wednesday and Friday from 1:00 to 4:00 p.m. Library volunteers are available these hours to help with questions.

To learn more about the Davis Genealogy Club and Library, visit our website at [www.davisgenealogy.org](http://www.davisgenealogy.org). Guests are welcome at our meetings, and the library is open to the public. For more information call Lisa Henderson at 753-8943.

### HEM & HAW (SCD)

Do you like to knit, sew, crochet or quilt? Every **Wednesday afternoon from 1:00 - 3:00 p.m.,** why not come join others who share your passion? This free group is filled with good conversation & fellowship.

Hem & Haw will be hosting members of Project Linus, a non-profit organization that provides security through blankets to seriously ill or traumatized children. People are bringing fabric and yarn for the project. The group will be joining Hem & Haw the first Wednesday of every month.

### INTERNET USERS GROUP

The Internet Users meet monthly on a new schedule - fourth Tuesdays - 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, October 28.**

"My computer has Internet Explorer. Are there other web browsers I could use?" We'll investigate a few of the hundreds of web browsers available for Windows and Macintosh to see how some of their features might make them particularly useful as alternatives to the ubiquitous Internet Explorer and Safari.

For more information: Anne Hance  
[rahance@dcn.org](mailto:rahance@dcn.org) -- Lois Richter 530-758-5058.

### MAC USERS GROUP

This group meets on the second Tuesday of each month, from **7:00 - 8:30 p.m.** The next meeting will be held on **Tuesday, October 14.** For more information, Eric Thompson at 758-3098.

### MEALS MADE EASY!

Join Cathy Cassevah on **Tuesday, October 21 at 1:00 p.m.** when she will be preparing snake strombolie. 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 bimonthly dance & musician jam session. Slip on those dancing shoes, and come enjoy our very own band, "*Music From the Back Room.*" Sessions are held on the **2<sup>nd</sup> & 4<sup>th</sup> Fridays of each month (October 10 & 24) from 2:15 - 4:30 p.m.**

### 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 October, instructor Sandra Gray-Fitzpatrick will be demonstrating how to paint on **Thursday mornings, October 9 and 16, 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

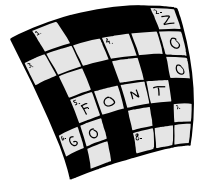
The ladies of the DSC Rockers cordially invite you to their monthly "Game Day" to be held on **Friday, October 17, 1:00 - 3:00 p.m.** All you need is to bring a treat to share, and a willingness to giggle, laugh & truly have some fun!

### DSC ROCKERS

Join our Red Hat Society group for lunch at Strings, 1411 W. Covell Blvd., **October 21 at 11:30 a.m.** Call Joyce by October 18, at 758-4757. A copy of the menu is on the center's bulletin board.

### 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, October 8 and 22 at 10:00 a.m.**



### WATERCOLOR PAINTING

After experimenting for the color wheel during the month of September, the watercolor painters will enjoy the guidance of Mildred Franklin in October.



Class begins on **Fridays at 9:30 a.m.** and ends at approximately 11:15 a.m. Students come around 9:00 a.m. to set up and visit. Bring paint, paper, water container, and brushes and join the fun. No experience needed.

Paintings in the hall at the center are ribbon winners from the Yolo County Fair. See the talent on display.

### OIL & ACRYLICS

The Oil & Acrylic painters continue their regular open gallery schedule every **Monday from 9:00 - 11:00 a.m.** New artists are welcome.

### 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, October 15 at 10:00 a.m.

**BREATHERS SUPPORT GROUP** – Thursday, October 23 at 1:30 p.m.

**MEN'S GROUP** – Wednesday, October 22 at 10:00 a.m.

**PARKINSON'S SUPPORT GROUP** – Tuesday, October 28 at 1:30 p.m.

**PROSTATE CANCER SUPPORT GROUP** – Monday, October 13 at 6:30 p.m. This group's major goal is to assist men who have concerns about prostate cancer, various treatments, side effects, or who wish to learn about early awareness. The group has case histories from survivors who have walked the path. Should you have questions, please call 758-8322.

**TRANSITIONS GROUP** - Wednesday, October 8 & 22 at 10:00 a.m. A second meeting has been added. Whether you're dealing with health problems, feeling blue, loss of a loved one, or just the trials of aging, this group is a place to find insight and support.

### **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 EYEGASSES AND HEARING AIDS**
- **HOUSEHOLD BATTERIES** (we keep them from contaminating the landfill)
- **CHARITABLE FINANCIAL GIFTS** are always welcome (and tax deductible).

## SPECIAL ACTIVITIES & EVENTS

### **AARP DRIVERS SAFETY RENEWAL CLASS**



If you have taken AARP's full, two-day Driver Safety course within the past three years, you should be eligible for this abbreviated renewal course on **Tuesday, October 21, 8:30-12:30.**

This is just four hours instead of the eight-hour class. 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.

The full 8-hour driver safety class will be offered next month, **November 5 & 6, 12:30-4:30.**

## VOLUNTEER CORNER

### **CITIZENS WHO CARE NEED YOUR HELP!**

Citizens Who Care is currently in need of volunteers for their Davis In-Home program. Volunteers for this program are matched with a client to visit in their home for two hours a week. Sometimes this visit is to provide a break to the caregiver and other times it is to visit an isolated elderly client who doesn't receive many visitors.

We have had many recent referrals for services and are in need of volunteers to assign to these new clients. Volunteers should be outgoing, mature and independent. For more information please call Ellie Slaven, Director of Volunteers at (530)668-8780, or [cwcvc@dcn.org](mailto:cwcvc@dcn.org). You can also visit Citizens Who Care website at [www.citizenswhocare.us](http://www.citizenswhocare.us) for a volunteer application or more information.

### **BECOME A SENIOR PEER COUNSELOR**

Enrich your life with Senior Peer Counselor training beginning **Tuesday, October 7.** We are looking for warm, caring people who are open-minded and accepting of the differing world views of others. All applicants must be 55 years of age or older. There are no specific educational requirements. For more information, please call Yolo County Older Adult Program at 757-5534.

## MISCELLANEOUS

### SAVE YOUR NUGGET RECEIPTS

September marked the official beginning of the year for our Nugget Market fundraiser. Save your Nugget receipts and turn them into the senior center. (There's a drop box by the reception desk.) Nugget generously donates 1% of the total to support senior programs.



### CHANGE SMOKE ALARM BATTERIES

As we turn the clocks back an hour to mark the end of daylight savings time, it's also time to change the batteries in your smoke detectors. The Rotary Club of Davis provides this free service every year to local seniors; Rotary provides the batteries, the ladders and the volunteers! On **Saturday, November 1**, Rotary volunteers will inspect your home smoke detector and install a fresh battery. Please call the senior center at 757-5696 to sign up. (Daylight savings time ends on Sunday, November 2 at 2:00 a.m.)



### REGISTER TO VOTE

In order to vote in California, you must be registered in the county where you live. If you move or change your name you must re-register. The deadline to register to vote is 15 days prior to any election. The next general election is scheduled November 4. Voter registration forms are available in many sites throughout the county, including the Davis Senior Center, City Hall, the Davis Branch Library and the DMV office. Register to vote and make your voice heard in November!

And remember, all registered Yolo County voters are eligible to vote absentee. Using an absentee ballot can save a trip on election day and eliminate the wait in line at your polling place.

### 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 will be available October 6 at the Davis Senior Center and at other locations throughout the county. You can also take the survey online at: [www.a4aa.com](http://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.

### WIRELESS POWER BOOSTED

If you use your wireless laptop at the senior center, you should now be able to get a stronger signal in more parts of the building. The city of Davis Information Services staff responded to concerns about weak and dropped signals by installing a stronger wireless device, which now reaches most of the senior center facility. If you need help in connecting with your laptop, please ask a staff member for printed instructions.

## MOVIES

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

**October 3 – Death on the Nile** – A murder is committed on a Nile steamer, but Hercule Poirot is on board. Stars David Niven and Peter Ustinov.

**October 10 – August Rush** - A drama with fairy tale elements, where an orphaned musical prodigy uses his gift as a clue to finding his birth parents.

**October 17 – Persepolis** - Poignant coming-of-age story of a precocious and outspoken young Iranian girl that begins during the Islamic Revolution.

**October 24 – Miss Pettigrew Lives for a Day** – A London governess finds herself unfairly dismissed from her job. An attempt to gain new employment catapults her into the glamorous world and dizzying social whirl of an American actress and singer.

**October 31 – Love at First Bite** - George Hamilton stars in this parody of horror films.

**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.**

**October 11 – Fleet Week Celebration** – wait list.

**October 16 – Mystery Trip** – wait list.

**October 23-24 – Monterey and Steinbeck** – Enjoy the coastal splendor of Monterey. First stop, lunch at the Queen Anne home, birthplace of John Steinbeck. Then visit the National Steinbeck Center which brings to life the world of this prize-winning author. Overnight at the fabulous new Clement Monterey recently opened on historic Cannery Row. Also included, Monterey Bay Aquarium. \$325 pp dbl., ss add \$125.

**October 28 – Apple Hill** – wait list.

**November 6 – Safari West** – wait list.

**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 13, 2009 – New California Academy of Sciences** – wait list.

**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. \$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.

## Davis Senior Center Activities – October 2008

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Transportation Services</b> <b>757-4408</b>  <b>Senior Center Offices</b> <b>757-5696</b>	<p><b>*Indicates need to register in advance, and/or by appointment</b></p> <p><b>Please call 757-5696</b></p>	<p><b>1</b> 7:30am Fitness For Life*</p> <p>8:45am Walk N' Talk/Pehlke Pacers</p> <p>9:00am Peer Counselors Meeting</p> <p>9:00am <b>CarFit Program*</b></p> <p>10:00am AARP Board Mtg.</p> <p>1:00pm Hem &amp; Haw</p> <p>1:00pm Poker</p> <p>1:00pm Genealogy Library Hours</p> <p>2:00pm Dynabands*</p> <p>3:30pm Dance to 100*</p>	<p><b>2</b> 7:30am Dynabands*</p> <p>8:15am Intermediate Yoga*</p> <p>9:30am Memoirs*</p> <p>9:30am Bridge Lessons*</p> <p>10:30am Chair Yoga*</p> <p>12:30pm Bingo</p> <p>1:00pm HICAP Appts*</p> <p>1:00pm Bridge Lessons*</p> <p>2:00pm Fitness For Life*</p>	<p><b>3</b> 7:30am Fitness For Life*</p> <p>8:45am Walk N' Talk/Pehlke Pacers</p> <p>9:30am Watercolor Painting</p> <p>9:30am Memoirs*</p> <p>12:15pm Video Movie</p> <p>1:00pm Nostalgics</p> <p>1:00pm Genealogy Library Hours</p> <p>2:00pm Dynabands*</p> <p>2:00pm Current Events</p>
<p><b>6</b> 7:30am Fitness For Life*</p> <p>8:15am Intermediate Yoga* 10:30am Chair Yoga*</p> <p>8:30am Veterans' Services</p> <p>8:45am Walk N' Talk/Pehlke Pacers</p> <p>9:00am Oil/Acrylic Painting</p> <p>12:30pm Duplicate Bridge</p> <p>1:00pm Scrabble/Bridge/Mah Jongg/Canasta</p> <p>1:00pm Beginning Balance Workshop*</p> <p>2:00pm Dynabands*</p> <p>3:00pm Tap Dancing</p> <p>6:30pm Social Bridge</p>	<p><b>7</b> 7:30am Dynabands*</p> <p>9:00am Tai Chi*</p> <p>9:30am Ceramics</p> <p>10:00am Trusts, Wills &amp; Estates Course*</p> <p>10:15am Feldenkrais*</p> <p>11:30am Feldenkrais*</p> <p><b>11:30am SCD Luncheon/Meeting*</b></p> <p>1:00pm Bridge/Pinochle</p> <p>2:00pm Fitness For Life*</p> <p>7:00pm Stamp Club</p>	<p><b>8</b> 7:30am Fitness For Life*</p> <p>8:45am Walk N' Talk/Pehlke Pacers</p> <p>10:00am <b>Memory Loss &amp; Brain Health Talk</b></p> <p>10:00am Senior Solvers</p> <p>10:00am Transitions Group</p> <p><b>11:30am AARP Potluck/Business Mtg.</b></p> <p>1:00pm Hem &amp; Haw</p> <p>1:00pm Poker</p> <p>1:00pm Genealogy Library Hours</p> <p>2:00pm Dynabands*</p> <p>3:30pm Dance to 100*</p>	<p><b>9</b> 7:30am Dynabands*</p> <p>8:15am Intermediate Yoga*</p> <p>9:00am One Stroke Painting*</p> <p>9:30am Memoirs*</p> <p>9:30am Bridge Lessons*</p> <p>10:00am Trusts, Wills &amp; Estates Course*</p> <p>10:00am Chair Yoga*</p> <p>12:30pm Bingo</p> <p>1:00pm Bridge Lessons*</p> <p>2:00pm Fitness For Life*</p> <p>2:30pm Senior Citizens Commission</p>	<p><b>10</b> 7:30am Fitness For Life*</p> <p>8:45am Walk N' Talk/Pehlke Pacers</p> <p>9:30am Watercolor Painting</p> <p>9:30am Memoirs*</p> <p>12:15pm Video Movie</p> <p>1:00pm Nostalgics</p> <p>1:00pm Genealogy Library Hours</p> <p>2:00pm Dynabands*</p> <p>2:15pm Jam Session &amp; Dance*</p>
<p><b>13</b> 7:30am Fitness For Life*</p> <p>8:15am Intermediate Yoga* 10:30am Chair Yoga*</p> <p>8:30am Veterans' Services</p> <p>8:45am Walk N' Talk/Pehlke Pacers</p> <p>9:00am Oil/Acrylic Painting</p> <p>12:30pm Duplicate Bridge</p> <p>1:00pm Scrabble/Bridge/Mah Jongg/Canasta</p> <p>2:00pm Dynabands*</p> <p>2:00pm Legal Asst.*</p> <p>3:00pm Tap Dancing</p> <p>6:30pm Social Bridge</p> <p>6:30pm Prostate Support Group</p>	<p><b>14</b> 7:30am Dynabands*</p> <p>9:00am Tai Chi*</p> <p>9:30am Ceramics</p> <p>10:00am Trusts, Wills &amp; Estates Course*</p> <p>10:15am Feldenkrais*</p> <p>10:30am Blood Pressure Check</p> <p>11:30am Feldenkrais*</p> <p>2:00pm Fitness For Life*</p> <p>1:00pm Bridge/Pinochle</p> <p>7:00pm Mac Users Group</p>	<p><b>15</b> 7:30am Fitness For Life*</p> <p>8:45am Walk N' Talk/Pehlke Pacers</p> <p>10:00am Alzheimer's Support Group</p> <p>11:00am Food Distribution</p> <p>1:00pm Hem &amp; Haw</p> <p>1:00pm Poker</p> <p>1:00pm Genealogy Library Hours</p> <p>2:00pm Dynabands*</p>	<p><b>16</b> 7:30am Dynabands*</p> <p>8:15am Intermediate Yoga*</p> <p>9:00am One Stroke Painting*</p> <p>9:00am HICAP Appts*</p> <p>9:30am Memoirs*</p> <p>9:30am Bridge Lessons*</p> <p>10:00am Trusts, Wills &amp; Estates Course*</p> <p>10:30am Chair Yoga*</p> <p>12:30pm Bingo</p> <p>1:00pm Bridge Lessons*</p> <p>2:00pm Fitness For Life*</p>	<p><b>17</b> 7:30am Fitness For Life*</p> <p>8:45am Walk N' Talk</p> <p>9:30am Watercolor Painting,</p> <p>9:30am Memoirs*</p> <p>12:15pm Video Movie</p> <p>1:00pm Nostalgics</p> <p>1:00pm Genealogy Library Hours</p> <p>1:00pm Red Hats – Game Day</p> <p>2:00pm Current Events</p> <p>2:00pm Dynabands*</p> <p><b>Saturday, Oct. 18, 12:30 pm SCD Bingo</b></p>
<p><b>20</b> 7:30am Fitness For Life*</p> <p>8:15am Intermediate Yoga* 10:30am Chair Yoga*</p> <p>8:30am Veterans' Services</p> <p>8:45am Walk N' Talk/Pehlke Pacers</p> <p>9:00am Oil/Acrylic Painting</p> <p>12:30pm Duplicate Bridge</p> <p>1:00pm Scrabble/Bridge/Mah Jongg/Canasta</p> <p>1:00pm Intermediate Balance Workshop*</p> <p>2:00pm Dynabands*</p> <p>3:00pm Tap Dancing</p> <p>6:30pm Social Bridge</p>	<p><b>21</b> 7:30am Dynabands*</p> <p>8:30am AARP Driver Safety Class*</p> <p>9:00am Tai Chi*</p> <p>9:30am Ceramics</p> <p>9:30am Book Review</p> <p>10:00am Trusts, Wills &amp; Estates Course*</p> <p>10:15am Feldenkrais*</p> <p>11:30am Feldenkrais*</p> <p>11:30am DSC Rockers lunch at Strings*</p> <p>1:00pm Bridge/Pinochle</p> <p>1:00pm Meals Made Easy*</p> <p>2:00pm Fitness for Life*</p>	<p><b>22</b> 7:30am Fitness For Life*</p> <p>8:45am Walk N' Talk/Pehlke Pacers</p> <p><b>9:00am Social Security</b></p> <p>10:00am Transitions Group</p> <p>10:00am Men's Group</p> <p>10:00am Senior Solvers</p> <p>1:00pm Hem &amp; Haw</p> <p>1:00pm Poker</p> <p>1:00pm Genealogy Library Hours</p> <p>2:00pm Dynabands*</p>	<p><b>23</b> 7:30am Dynabands</p> <p>8:15am Intermediate Yoga*</p> <p>9:30am Memoirs*</p> <p>9:30am Bridge Lessons*</p> <p>10:00am Trusts, Wills &amp; Estates Course*</p> <p>10:30am Chair Yoga*</p> <p>12:30pm Bingo</p> <p>1:00pm Bridge Lessons*</p> <p>1:30pm Breathers Support Group</p> <p>2:00pm Fitness for Life*</p> <p>3:00pm <b>Chris Helweg Reception</b></p>	<p><b>24</b> 7:30am Fitness For Life*</p> <p>8:45am Walk N' Talk/Pehlke Pacers</p> <p>9:30am Watercolor Painting</p> <p>9:30am Memoirs*</p> <p>12:15pm Video Movie</p> <p>1:00pm Nostalgics</p> <p>1:00pm Genealogy Library Hours</p> <p>2:00pm Dynabands*</p> <p>2:15pm Jam Session &amp; Dance</p>
<p><b>27</b> 7:30am Fitness For Life*</p> <p>8:15am Intermediate Yoga* 10:30am Chair Yoga*</p> <p>8:30am Veterans' Services</p> <p>8:45am Walk N' Talk/Pehlke Pacers</p> <p>9:00am Oil/Acrylic Painting</p> <p>12:30pm Duplicate Bridge</p> <p>1:00pm Scrabble/Bridge/Mah Jongg/Canasta</p> <p>1:00pm Genealogy Club Meeting</p> <p>2:00pm Dynabands*</p> <p>3:00pm Tap Dancing</p> <p>6:30pm Social Bridge</p>	<p><b>28</b> 7:30am Dynabands*</p> <p>8:30am AARP Driver Safety Class*</p> <p>9:00am SCD Board Meeting</p> <p>9:00am Tai Chi*</p> <p>9:30am Ceramics</p> <p>10:00am Trusts, Wills &amp; Estates Course*</p> <p>10:15am Feldenkrais*</p> <p>11:30am Feldenkrais*</p> <p>1:00pm Bridge/Pinochle</p> <p>1:30pm Parkinson's Support Group</p> <p>2:00pm Fitness for Life*</p> <p>7:00pm Internet Users Group</p>	<p><b>29</b> 7:30am Fitness For Life*</p> <p>8:45am Walk N' Talk/Pehlke Pacers</p> <p>9:00am <b>Health Fair and Flu Shots</b></p> <p>1:00pm Hem &amp; Haw</p> <p>1:00pm Poker</p> <p>1:00pm Genealogy Library Hours</p> <p>2:00pm Dynabands*</p>	<p><b>30</b> 7:30am Dynabands*</p> <p>8:15am Intermediate Yoga*</p> <p>9:30am Memoirs*</p> <p>10:00am Trusts, Wills &amp; Estates Course*</p> <p>10:30am Chair Yoga*</p> <p>12:30pm Bingo</p> <p>1:00pm Bridge Lessons*</p> <p>2:00pm Fitness for Life*</p>	<p><b>31</b> 7:30am Fitness For Life*</p> <p>8:45am Walk N' Talk/Pehlke Pacers</p> <p>9:30am Watercolor Painting</p> <p>9:30am Memoirs*</p> <p>12:15pm Video Movie</p> <p>1:00pm Nostalgics</p> <p>1:00pm Genealogy Library Hours</p> <p>2:00pm Dynabands*</p>

Elderly Nutrition Program in Yolo County  
People Resources, Inc.

Menu Subject to Change

# October 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><b>Special Note:</b> The triangles (*) listed next to foods are for those people using our diabetes carbohydrate exchange system. We recommend the average person with diabetes to eat 3-4 "*" per meal and to save the rest of the "*" for an afternoon snack. As diet changes can help your diabetes, we recommend you show this to your doctor.</p> <p> Meal contains more than 1000 mg sodium</p>		<p>*Minestrone Soup 1 **Turkey Sandwich on Whole Wheat w/lettuce &amp; Condiments *Whole Wheat Crackers *Sunset Salad*+</p>	<p>Pepper Steak 2 w/Bell Peppers, Onions &amp; tomatoes *Whipped Potatoes+ *Multigrain Roll *Fruit Cocktail</p>	<p>*Juice+ 3 *Mushroom Chicken *Couscous *Cauliflower+ &amp; Carrots* *Whole Wheat Bread</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>6 *Hearty Chili Con Carne+ w/Beef California Blend Vegetables* *Cornbread Muffin *Pears</p>	<p>* SCD Membership Luncheon 7  No ENP Meal Today MOW Delivery Only*</p>	<p>* AARP Potluck Today 8 Scrumptious Seafood Tart (contains shrimp)Brown Rice Blend Steamed Spinach*  *Wheat Roll *Tropical Fruit*+</p>	<p>*Fruit Juice+ 9 *Apple &amp; Spice Roast Pork *Baked Winter Squash* Green Beans *Whole Wheat Bread</p>	<p>Garden Salad+ 10 Quiche Provencal *Oven Roasted Potatoes+ *Blueberry Bake *Fresh Fruit+</p>	<p>WEST SAC SENIOR CENTER 664 Cummins Way (916) 373-5819</p>
<p>**Pasta Primavera+ 13 w/Italian Cheese Blend &amp; Zucchini Stewed Tomatoes+ *French Roll *Mixed Fruit</p>	<p>Russia Day 14 *Fruit Juice+ *Potato Soup w/Beef &amp; Vegetables *Traditional Cabbage Salad+ *Rye Bread **Kulich - Fruit and Nut Cake</p>	<p>15  Surprise Meal</p>	<p>16 *Juice+ *Macaroni Salad **Hamburger on Bun w/all the fixins *Buttery Corn</p>	<p>Mediterranean Chicken 17 *Spanish Rice Vegetable Medley *Whole Wheat Bread *Mandarin Orange Segments+</p>	<p>KNIGHTS LANDING HARBOR APARTMENTS 9320 Mill St 662-7035</p>
<p>*Fruit Juice+ 20 *Old Fashioned Beef Stew w/carrots, celery, &amp; more *Tender New Potatoes+ *Whole Grain Bread</p>	<p>21 Oven Fried Chicken Brussel Sprouts+ *Southern Grits *Whole Wheat Bread **Plum Pudding</p>	<p>22 *Lentil Soup **Tuna Sandwich w/lettuce &amp; Pickle Spear **Crackers *Citrus Gelatin w/Fruit+</p>	<p>23 *Fruit Juice+ **Lasagna w/Beef *Italian Blend Vegetables *Garlic Bread</p>	<p>24 Roast Turkey w/Gravy *Whipped Sweet Potatoes* *Steamed Sweet Peas *Gingerbread *Cranberry Waldorf Salad+</p>	<p>WOODLAND SENIOR CENTER 2001 East Street 661-5890</p>
<p>27 *Cantonese Chicken Casserole *Fried Rice Asian Blend Vegetables+ *Pineapple Tidbits+</p>	<p>28 *Juice+ **Cornbread Pizza Cornbread crust, topped w/seasoned Beef, cheese, grilled bell peppers, Tomatoes and olive *Oregon Green Long Beans* *Baguette</p>	<p>Happy Birthday 29 *Fruit Juice+ Fish Fillet w/Tartar Sauce *Mushroom Barley Bake Broccoli*  *Whole Wheat Bread **Birthday Cake</p>	<p>30 BBQ Pork Riblet *Black-Eyed Peas Chef's Blend Vegetables* *Biscuit *Fresh Fruit</p>	<p>Happy Halloween 31 *Jittery Juice+ *Franken Pasta Cheese ravioli w/parmesan sauce Ghoulish Greens* *Batty Bread Stick **Dirty Worms and Goo</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.