

# Senior Scene

DAVIS SENIOR CITIZENS CENTER

646

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Office Fax: (530) 758-0463

September 2008

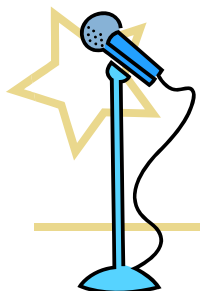
\$10.00/Year Subscription

Email: [seniorservices@cityofdavis.org](mailto:seniorservices@cityofdavis.org)

[www.cityofdavis.org/cs/seniors/](http://www.cityofdavis.org/cs/seniors/)

## SENIOR IDOL COMPETITION

We've all watched the undiscovered singing talents on American Idol season after season, but none of them will compare to Yolo County's first Senior Idol Talent Competition! The competition is open to all residents of Yolo County, 50 years or better, who are interested in showing off their singing or dancing talent.



**Signup for auditions** – Apply at Senior Center  
Deadline Friday, September 19

**Auditions (5 minutes)** – Davis Senior Center  
Saturday, October 4, 10:00 a.m.

**Rehearsal** - Veterans' Memorial, 203 E 14<sup>th</sup>  
Saturday, October 25, 1:00 p.m.

**Final Performance** – Veterans' Memorial Theatre  
Saturday, November 1, 3:00 p.m.

**Tickets on sale beginning Wed., October 1, \$5.00**

## BEST WISHES TO CHRIS

After 10 years at the helm of the Davis Senior Center, Chris Helweg has moved up the ladder to become superintendent of the City of Davis Community Services Department. In her new position, Chris will oversee the city's recreation programs, facilities and public art.

The center has made huge advances under Chris' leadership, including expanding our facility (Phase III), bringing Jan Butler on board full time as office assistant, increasing exercise and fitness classes, and adding creative programs and events that will continue to enrich the lives of older adults in our community for years to come.

Don't be surprised to see Chris around the center on occasion while we await the hiring of a new supervisor for the senior center. She is committed to making this transition as smooth as possible, with no disruption to senior programming.

We're sure you join us (her staff) in wishing Chris well in her new position and extending our sincere thanks for all she has done for the Davis Senior Center.

(See page 11 for a message from Chris.)

Christine Helweg, 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 – SEPTEMBER 2

SCD's Grandparents Day luncheon is upon us. At the September 2 luncheon, we will introduce the winning "Cool" Grandparent essay winners and their "Cool" grandparent. The winning essays will be read.

The winners are determined by an independent panel of judges whose grandchildren were not eligible to enter the contest. The winners will be presented with their awards and photographs taken.

Luncheon cost is \$5. Social hour starts at 11:30 a.m. Luncheon will be catered by Atria Covell Gardens. Sign up now and join in the celebration. The menu will consist of assorted salads, breads for sandwiches and turkey, ham, beef, American, Cheddar and Swiss cheese, lettuce, tomatoes, peppers, onions and lots of goopy spreads. Desserts will be cheese cake, cobblers, pies and brownies. Tropical fruit punch, ice tea and coffee for beverages.

Please save **Tuesday, October 7** for the next SCD monthly membership meeting and luncheon! We will have a "Mystery" program and luncheon menu. Cost will be \$5 for members and \$7 for non-members. Sign up now and join in the fun, pleasure and excitement of the "Mystery."

### SUNSHINE LADY

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

*Get well* cards to Mary Boccanfuso and Carolyn Caldwell.

*Thinking of You* cards to Sam Hart and Carolyn Simmons.

*Sympathy* cards to Joan Wooden and family of Kay Wooden, family of Lawrence Wold, family of Emma Driscoll. Antoinette Dietrich and Thelma Dietrich for death of Ernest and family of Ellen Salisbury.

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

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

### NEW MEMBERS FOR JULY - AUGUST

Please join us in welcoming the following new SCD members: Teresa Howe, William Folline, Les & Mary DeWall, Byung Kil Ahn & Seok Jung Kwon, Barbara Risling, Lillian Hsia, Donna Astrup, Ellen von Barfuss, Jerry & Wilean Ruff, Susan Smith and Mary Ontiveros.

### SCD NEEDS YOU

Senior Citizens of Davis, Inc is a non-profit volunteer organization, within the Davis Senior Center, whose purpose is to promote the common good and general welfare of seniors living in the community through social and educational activities.

There is a Board of Directors who oversees, arranges and determines funding for various SCD activities. The Board positions are elected annually. This year we will be electing a Vice-President, presently vacant, and the Budget and Finance position term is due for election. There are also numerous committee positions available. So think about getting more involved, help others enjoy life and we all enjoy the camaraderie of making everything come together.

We need you, your ideas, your thoughts and your presence at the monthly Board meeting on the last Tuesday of each month. If you are interested in finding out more about these positions stop by the SCD office for a job description or call (530) 757-5696 and talk to Wes Penny, President or Liz Fisher and Barbara Hager, Co-chairs of the Nominating Committee.

**Put on your thinking caps on who you would like to see as the 2009 Senior of the Year... details coming soon!**

## 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!



### Monday, September 8 is "Mystery Meal."

Come see what surprise is in store for this meal.

**Wednesday, September 24 "Happy Birthday."** Join us for fruit juice, marinated herb chicken, creamy penne pasta, mixed vegetables, seven grain roll and birthday cake.

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

### 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*

### THE GIFT OF GIVING

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

Duplicate Bridge – Monday	\$ 68
Handy Helpers	\$ 70
Hem & Haw (SCD)	\$109
Information & Assistance	\$ 8
Medical Equipment Donations	\$117
Miscellaneous	\$184
Monday Social Bridge	\$ 35
Nostalgics	\$ 12
Tuesday Pinochle	\$ 11
<b>Total</b>	<b>\$614</b>

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

## TRANSIT INFORMATION

### DAVIS COMMUNITY TRANSIT

September has arrived and fall is just around the corner! We are very excited to announce the arrival of our two new paratransit vehicles! We are also happy to announce the newest member to the DCT team...Austin Cheney, our driver Mark's new baby boy☺! Austin was born on August 2 and is welcomed by his four sisters.



On another note please be reminded to call by 5:00 p.m. at the latest the day before you need to schedule a ride. We can schedule your ride up to two weeks ahead so it is best to call as soon as you know you need a ride. Rides requested after 5:00 p.m. the day before cannot be guaranteed.

### UNITRANS BUS SCHEDULES

New Unitrans schedules went into effect in August for the 08-09 year. Printed schedules are available at the senior center, on buses and at terminals. Changes were made on the K, P/Q, and W lines.

If you are over age 60, you are eligible for a free pass to ride the Unitrans buses. Passes are available at the senior center. Google maps now can help you plan your route and schedule on the local buses. Go to [www.google.com/maps](http://www.google.com/maps)

### 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.

## HEALTH & WELLNESS

### HEALTH SERIES – ERECTILE DYSFUNCTION

Dr. Ken Ferguson, who is a Urologist with Sutter Davis, will be speaking about “Erectile Dysfunction” a condition which will affect approximately one in 10 men at some point in their lives. Join us for this lively discussion on **Tuesday, September 9 at 10:30 a.m.**

### MORNING DYNABANDS CLASS

Beginning this month, we’ve added morning sessions of the popular DynaBands class. The first session runs **7:30-8:30 a.m., Tuesdays and Thursdays, September 2 – October 30.** You can take all those classes for only \$15; that’s less than \$1 per workout!

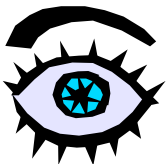


These classes utilize resistance bands to increase flexibility and improve muscle tone in a fun, supportive environment. Instructor Belinda Bair leads the exercises. We provide the DynaBands. All exercises are done from a seated position, and can accommodate people at all ability levels. If you are unsure, please come to observe before signing up.

### GAINING BALANCE

Instructor Marg Bartosek will be offering another beginning Balance Workshop on **Monday, September 15, 1:00 – 2:30 p.m.** Workshop includes standing and walking with a narrow base of support, sitting and standing on more challenging surfaces, and continuing practice in regaining balance and getting up from the floor.

The cost is \$10 and advance registration is required. Space is limited. To register or find out class dates, please call 757-5696.



### CATARACTS 101

Learn about the causes, prevention and treatment of cataracts when Dr. Sara Niyati, Davis optometrist, speaks on **Wednesday, Sept 17 at 10:00 a.m.** (Sara used to be a student volunteer at the center!) An optician will also be available following the event to clean and adjust eyeglasses. Drop by and get your glasses back into shape. No appointment needed.

### WALKING WITH POLES

Nordic walking can turn your daily walk into a total-body workout. It’s different than trekking with poles for support. It’s a way to use poles to burn more calories and enhance the cardio aspects of your workout – without walking faster or longer. Learn more about Nordic walking in a free, 90-minute information seminar and demonstration at the senior center on **Monday, September 29 at 10:00 am.** Leki team instructor Kendra Dunsmore will bring poles along for you to try out briefly. (However, this will not be a workout day – just a demonstration.) Pre-registration is required for this free event, and space is limited. Call 757-5696. This event is supported by the Pehlke Pacers Program.



The program is a memorial to the late Charlotte Pehlke, a dedicated senior center volunteer and heart patient who took frequent walks with her beloved dog Cinder along the Davis greenbelts. Her family and friends donated to a special fund to establish this program.

### HEARING HEALTH

Hearing loss is common among older adults, but there are many steps you can take to improve your ability to hear. Join us at the senior center on **Tuesday, September 30, at 1:30 p.m.** for a presentation about the diagnosis and treatment of hearing loss. Eduardo Martinez, Board Certified Hearing Health Professional from the Woodland Costco store, will be speaking and answer your questions for the first half hour. Then he will assist you individually with any of the following:



- Free hearing aid cleaning
- Free battery for the cleaned aid
- Free video otoscope inspection of both ears
- Free hearing assessment

Appointments are required for the otoscope inspections and hearing assessments. Please call 757-5696 to make your appointment.

## **SAVE THE DATE!**

### **ANNUAL HEALTH FAIR & FLU SHOT CLINIC**

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

In addition to the many educational & display booths, the Yolo County Public Health Dept also will be offering flu shots for a \$10 fee. Although not confirmed yet, past services have included:

- Foot screenings
- Hearing screenings
- Blood pressure checks
- Hearing aid checks/cleanings
- Body fat checks
- Bone density screenings
- Optometry checks & eyeglass repair
- Transportation information
- Caregiver resources
- Veterans services

Watch for more information in next month's newsletter!

## **LAP SWIMMING**

Beginning September 2, the City of Davis Lap Swim program will be held at Community Pool, during the lunch hour, 12-1pm for those interested in improving health and getting in a low-impact workout.

Swimming has proven health benefits and for those afraid of a weight bearing workout that takes a toll, swimming enables you to be nearly weightless, therefore working out muscles and increasing lung function without the physical impact of running or aerobics classes. Instead of walking a block, you could swim it!

The social benefits can be just as healthy as the physical activity. Many of the swimmers currently utilizing the city program have been coming for years and rely on it to maintain health, both physical and mental. It's another way to reduce stress and have a sense of accomplishment.

The lap swim program is supervised by a trained lifeguard and is located at 201 W. 14<sup>th</sup> St. Those interested can pay a daily visit fee at the pool of \$4 or buy a 10 visit pass for \$36 or a 20 visit pass for \$72. The fall program runs from September 2- Dec 19<sup>th</sup>. For more information, please contact the Community Services Department at 757-5626. See you at the pool!

## **ONGOING FITNESS CLASSES**

The Senior Center offers several fitness classes that can help you reach your fitness goals for 2008! For more information, inquire at the main Senior Center office, 757-5696.

**Dance To 100!** **September 3 - 24**  
(W, 3:30-4:30 p.m.) \$16 res/\$22/\$28 non-res

**Dynabands AM** **September 2 – October 30**  
(T, Th 7:30-8:30 a.m.) \$15/res/\$21/\$27 non-res

**Dynabands PM** **September 3 – October 31**  
(MWF, 2-3:00 p.m.) \$20/res/\$26/\$32 non-res

**Feldenkrais (continuing)** **September 2 - 30**  
(T, 10:15-11:15a.m.) \$25 res/\$31/\$37 non-res

**Feldenkrais (new students)** **September 2 - 30**  
(T, 11:30-12:30p.m.) \$25 res/\$31/\$37 non-res

**Fitness for Life - AM** **September 3 - 29**  
(MWF, 7:30-8:30 a.m.) \$36 res/\$42/\$48 non-res

**Fitness for Life - PM** **September 2 - 29**  
(T, Th, 2:00-3:00 p.m.) \$27 res/\$33/\$39 non-res

**Beginning Balance** **September 15**  
(M 1:00-2:30 p.m.) \$10 res/\$16/\$22 non-res

**Tai Chi/Chi Gung** **September 2 - 29**  
(T, 9-10 a.m.) \$23 res/\$29/\$35 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** **August 25 – September 22**  
(MTh, 8:15-10:15a.m.) \$75 res/\$81/\$88 non-res

**Yoga – Chair Intro** **August 25 – September 22**  
(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.*

## INFORMATION & ASSISTANCE

### SCHOOL TAX EXEMPTION

The Davis Joint Unified School District has extended the deadline to apply for the senior citizen (65+) tax exemption for the 2008-09 year.

Applications are available at the Davis Senior Center and the school district offices at 526 B Street. All applications must be received in the school district offices by September 15, 2008. Since property tax bills have already been developed for 2008-09, applying for the exemption at this time will result in refund checks issued in February and June. More printed information is available at the senior center or the school district offices.

For help in completing the application contact Lisa at 757-5696.

## VOLUNTEER CORNER

### COMMISSION VOLUNTEERS NEEDED

The City of Davis is currently recruiting for volunteers to serve as members for several City Commissions, including the Senior Citizens Commission. The Senior Citizens Commission provides policy advice and recommendations to the City Council related to issues facing older adults in the community. Meetings are generally held on the 2<sup>nd</sup> Thursday of each month, 2:30 p.m. at the Senior Center.

Interested candidates should complete an application no later than September 10, 2008 for possible appointment by the City Council in late September. Applications may be picked up at the City Clerk's office, 23 Russell Blvd. or online at [www.cityofdavis.org/cmo/commapp.cfm](http://www.cityofdavis.org/cmo/commapp.cfm) For more information or to have an application mailed to you, please call the City Clerk's office at 757-5648.

### 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.

### JAPANESE "RESPECT FOR THE AGED DAY"

On **Monday, September 15** at 2:00 p.m. our Japanese students who are new to Davis would like to visit with several seniors to practice their language skills, learn more about life in Davis and honor an important holiday in Japan. A national holiday, Respect for the Aged Day, was established in 1966 as a day to respect the elderly and celebrate long life. It is celebrated the third Monday in September. Tea and cookies will be served. Call 757-5696 if you would like to participate.

## 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, September 17 at 10:00 a.m.

**BREATHERS SUPPORT GROUP** – Thursday, September 25 at 1:30 p.m.

**MEN'S GROUP** – Wednesday, September 24 at 10:00 a.m.

**PARKINSON'S SUPPORT GROUP** – Tuesday, September 23 at 1:30 p.m.

**PROSTATE CANCER SUPPORT GROUP** – Monday, September 8 at 6:30 p.m. The group will host a speaker, Dr. William Hoch, a urologist with the UCD Medical Group. September is Prostate Cancer Awareness Month, and men who are interested in early detection are invited. The group's major goal is to assist men seeking information of various treatments, and the group has case histories from survivors who have walked the path. Should you have questions, this meeting will be worth your time. For information call 758-8322.

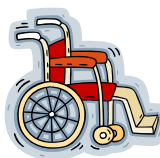
**TRANSITIONS GROUP** - Wednesday, September 24 at 10:00 a.m. Whether you're dealing with health problems, feeling blue, loss of a loved one, or just the trials of aging, this group is a place to find insight and support.

## 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, September 11 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, September 10, at 11:30 a.m.** The potluck meeting will begin at 11:30 with lunch being served at noon. The program will include Sid Lucero and Duncan McMartin playing fiddle and guitar music.

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 salad, H to P dessert and Q to Z salad.** 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 12:00 - 3:00 p.m.** Afternoon snacks are provided, and it is only 25¢ per card for two games.

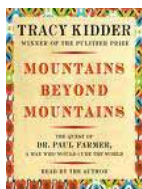


### NEW BOOK REVIEW

Interested in what is hot off the press? On **Tuesday, September 16 at 9:30 a.m.**, Stan Forbes of the Avid Reader on Broadway will bring a box of the latest books just received by his store and will review each of them. You're sure to find great ideas for future reading or for gifts including fiction, non-fiction, and children's books. Everyone is invited to attend.

### SENIOR CENTER READS

The book group meets **Tuesday, September 16 at 10:30 a.m.** The current book is *Mountains*



*Beyond Mountains* by Tracy Kidder, chosen because it is the UCD campus "read" for the coming year. The book is the story of Dr. Paul Farmer whose life's call is to cure infectious diseases and bring modern medicine to those

who need it most. Copies are available at the front desk for \$13.

This book group, which meets every other month, is very loosely formed with no set procedure or membership. Everyone is welcome whether they have read the book or not. The next book will be fiction. Come help us choose the new read.

### BRIDGE LESSONS COMING IN SEPTEMBER!

**Club Series #1** - This class is designed for beginner-level students, or for someone who has received no formal instruction on the game, but would like to refine their current skills. This is the first class of the ACBL instructional series. Advanced level players should not register for this class. The session will be on **Thursdays, September 11 – November 6 from 9:30 - 11:30 a.m.** There will be no class on October 23.

**1 Star Conventions #6** - This class is designed for advanced-level students who have completed the Club, Diamond, Heart and Spade Series or their equivalent. This class is designed for players who have received formal instruction on the game, and have been actively playing the game for some time. First time students should not register for this class. The session will be on **Thursdays, September 11 – November 6 from 1:00 - 3:00 p.m.** There will be no class on October 23.

The cost is \$40 per person, per session, and advance registration is required.

### 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, September 5 & 19 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, September 2, 7:00 - 8:00 p.m.** For more information, call Anne Hance at 753-7265.

## GENEALOGY CLUB & LIBRARY

The Davis Genealogy Club resumes monthly meetings on **Monday, September 29 at 1:00 p.m.** Our speaker will be Susan Jackman. A graduate of Brigham Young University in Family History, Ms. Jackman has been with the Sacramento Family History Center since 1989, is a professional researcher and speaker in the Sacramento area. At our meeting she will present *The Genealogical Proof Standard*.

The Board of Certified Genealogists has created a standard by which family historians should measure their evidence when proving a relationship. How much circumstantial evidence is need to prove a relationship? How can a written report adequately reflect all of our research? Please join us for what promises to be both interesting and valuable to all genealogists.

Our library is open on Wednesday and Friday from 1:00 - 4:00 p.m. Library volunteers are available during 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 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. The group will be joining Hem & Haw on the first Wednesday of every month.

## INTERNET USERS GROUP

The September meeting of the Internet Users Group will be on **Tuesday, September 23, 7:00 - 8:30 p.m.** and the topic will be "Favorite and Useful Websites."

We welcome anyone who is interested and hope that people will bring their own favorite and useful web addresses. For more information contact: [rahance@dcn.org](mailto:rahance@dcn.org)

## 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, September 9.** For more information, Eric Thompson at 758-3098.

## MEALS MADE EASY!

Join Cathy Cassevah on **Tuesday, September 16 at 1:00 p.m.** when she will be preparing pasta. 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 (September 12 & 26) 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 September, instructor Sandra Gray-Fitzpatrick will be demonstrating how to paint on **Thursday mornings, September 11 and 18, 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. Advance registration is required.

## OIL & ACRYLICS

The Oil & Acrylic painters will continue their regular open gallery schedule every **Monday from 9:00 - 11:00 a.m.** It's time to discuss plans for the coming year. New artists are welcome at any level of development.

**Senior Center and ENP Program will be closed on September 1 for Labor Day Holiday.**

**RED HAT SOCIETY**

The ladies of the DSC Rockers cordially invite you to their monthly **Game Day** to be held on **Friday, September 19, 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!

**AND OTHER RED HAT NEWS...**

Attention DSC Rockers! You're going to Thailand for lunch on **Tuesday, September 9 at 11:30 a.m.** at the Thai Bistro in Davis at 234 E Street. Come join in the fun and laughter and a great luncheon fare. Menu and directions are posted on the SCD bulletin board at the Senior Center.

If you plan to attend please notify Joyce Penny at 758-4757. Remember to wear your red hat and purple accessories.

**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 **September 10 and 24 at 10:00 a.m.**

**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!

**WATERCOLOR PAINTING**

After a summer of painting on their own, gathering with a few friends at the Senior Center on Friday mornings and getting their paintings ready for the Yolo County Fair, the Senior painters return to their normal routine in September.

Local art teachers volunteer their time to guide the group through the fun of moving paint on paper. Carol Bernard will be teaching during September. Carol has requested that participants



bring a COMPASS for making circles if one is available.

All seniors are invited. Bring watercolor paper, brushes, a few basic tubes of watercolor or paint box, container for water and join the fun of creating something unique from **9:00 - 11:30 a.m. on Friday mornings.**

**SPECIAL ACTIVITIES & EVENTS****WILD AMERICA ZOOMOBILE**

The Sacramento Zoo's "ZooMobile" will be at the center on **Wednesday, September 10 at 10:00 a.m.**

They will be bringing a variety of animals native to North America and will be talking



about our local wildlife. Come take a peek at what could be living in your own backyard! Seating is limited and pre-registration is required so call the office 757-5696 today. This presentation is for adults only.

**ARMCHAIR TRAVEL – CAMBODIA**

Diane Tampest spent 10 days touring Cambodia with stops in Siem Reap and Phnom Penh. During her trip she also spent time at an orphanage. Diane will be sharing pictures of what she saw in Cambodia and a short video about her time at the orphanage. Join us on **Tuesday, September 16 at 10:30 a.m.** for this interesting presentation.

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

## MISCELLANEOUS

### NEIGHBORS' NIGHT OUT

Davis Neighbors' Night Out is a celebration of our community, and is an opportunity for neighborhoods to increase familiarity and communication by way of a block party. This year's event is scheduled for **Sunday, October 5** to enable neighborhoods to include new or returning UC Davis students. We believe that starting the academic year on a positive note will reduce conflicts by opening the lines of communication.

We are asking for neighbors and neighborhood associations to be "Party Sponsors." The Party Sponsor will take the lead in setting up an activity such as a potluck dinner, BBQ, dessert party, ice cream social, cake bake or cookie exchange. If you are interested in becoming a party sponsor, please contact Stacey Winton, 757-5661, [swinton@cityofdavis.org](mailto:swinton@cityofdavis.org). Information can be found at [www.cityofdavis.org/neighbors](http://www.cityofdavis.org/neighbors).

## VIDEO MOVIES

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

**September 5 – The Music Within** – The true story of Richard Pimentel, a brilliant speaker who returns from Vietnam severely hearing-impaired and finds purpose in his landmark efforts on the behalf of Americans with disabilities.

**September 12 – How She Moves** - Following her sister's death, a high school student leaves her private school to return to her old, crime-filled neighborhood where she re-kindles a passion for the competitive world of step dancing.

**September 19 – The Golden Compass** - In a parallel universe, young Lyra Belacqua journeys to the far North to save kidnapped children from terrible experiments by a mysterious organization.

**September 26 – The Diving Bell and the Butterfly** – The true story of Jean-Dominique Bauby who suffers a stroke and has to live with an almost totally paralyzed body; only his left eye isn't paralyzed. In French with English subtitles.

## THANKS FOR THE MEMORIES...

### NO GOOD-BYES... BUT I WILL MISS YOU!

It is with mixed feelings that I say "see you soon" to all of you here at the Senior Center as I begin my new journey as Superintendent. Being a part of the Senior Center has been such a wonderful and heart-warming experience for me, and I will truly miss all the laughter and tears that we have shared together. It is because of all of you that I feel confident enough to venture out on this new and exciting challenge, and I want to thank everyone for allowing me to be part of your lives for so many years.

We have all worked together to accomplish great things for our center, especially the expansion of our facility, as well as you sharing in other personal milestones such as the birth of my daughter. All of these memories create a feeling that you are an extension of my immediate family. And as with any family, we have also shared in the losses of so many close friends that we will remember for years to come. I treasure all these memories, and want everyone to know that they have become a part of who I am and I will carry them with me always.

I look at my departure as a new beginning for the Senior Center. The Senior Center is on the verge of such GRANDER things! With new staff being added this year, there are going to be such creative & exciting ideas that will undoubtedly give way to incredible improvements to the center's programs and services. I have the absolute confidence that the wonderful success of the center will continue on for many years to come due to the incredible staff and to the dedicated Board and volunteers of SCD.

I would encourage everyone to find a way to volunteer and to stay involved! Without the help of our volunteers we cannot continue the creative programs that our center has become known for within the region.

In closing, I want to personally thank my staff (Lisa DeAmicis, Jan Butler, Belinda Bair, Marie Bischoff and Katacha Diaz) for their encouragement & support. I know that I will never find a finer group of people to work with!

Thank you for so many happy years!

Christine Helweg

**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.**

**September 9 – Women Impressionists and Lunch at the Beach Chalet** – Check availability.

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

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

**October 23-24 – Steinbeck Country** – Join University Retirement Community on our motor coach to visit the National Steinbeck Center in Salinas. Hosted lunch at Steinbeck's Queen Anne home before exploring the museum honoring John Steinbeck, the Nobel-winning author. Then check in at the new Clement Monterey Hotel over-looking the Bay. Admission to Monterey Bay Aquarium included. \$325 pp dbl., ss add \$125.

**October 28 – Apple Hill** – Tour the orchards and have a barbeque chicken lunch with apple pie and ice cream. Time to browse the shops and purchase apples, pies and gifts. \$55.

**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 and Harmony Wynelands** – Wait list.

**December 11 – Poinsettia Tour** – Visit the Duarte Poinsettia greenhouses and marvel at the vast array of colors. Bring home as many poinsettias as you wish. These are high quality and are long lasting. (Cash or check only for the poinsettias.) Lunch and a Chocolate Factory tour are included. \$68.

**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** – A 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.

**March 16 – 15 – 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 by September 18 and receive \$100 "Bargebucks" per cabin.

## Davis Senior Center Activities – September 2008

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>  <b>Labor Day Holiday</b>  <b>SENIOR CENTER CLOSED</b>	<b>2</b> 7:30am Dynabands* 9:00am Ceramics 9:00am Tai Chi 10:15am Feldenkrais <b>11:30am SCD Luncheon/Business Mtg.</b> 1:00pm Bridge/Pinochle 2:00pm Fitness For Life* 7:00pm Stamp Club	<b>3</b> 7:30am Fitness For Life* 8:45am Walk N' Talk/Pehlke Pacers 9:00am Peer Counselors Meeting 10:00am AARP Board Mtg 1:00pm Hem & Haw 1:00pm Poker 1:00-4:00pm Genealogy Library Hours 2:00pm Dynabands* 3:30pm Dance to 100*	<b>4</b> 7:30am Dynabands* 8:30am Intermediate Yoga* 9:30am Memoirs* 10:30am Chair Yoga* 12:30pm Bingo 2:00pm Fitness For Life*	<b>5</b> 7:30am Fitness For Life* 8:45am Walk N' Talk/Pehlke Pacers 9:30am Memoirs* 9:30am Watercolor Painting 12:15pm Video Movie 1:00pm Nostalgics 1:00-4:00pm Genealogy Library Hours 2:00pm Current Events 2:00pm Dynabands*
<b>8</b> 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 2:00pm Dynabands* 2:00pm Legal Assistance* 3:00pm Tap Dancing 6:30pm Social Bridge 6:30pm Prostate Cancer Support Group	<b>9</b> 7:30am Dynabands* 9:00am Ceramics 9:00am Tai Chi* 10:15am Feldenkrais* <b>10:30am Health Series Talk – Erectile Dysfunction</b> 11:30am Feldenkrais* 11:30am DSC Rockers lunch at Thai Bistro* 10:30am Blood Pressure Check 1:00pm Bridge/Pinochle 2:00pm Fitness For Life* 7:00pm Mac Users Group	<b>10</b> 7:30am Fitness For Life* 8:45am Walk N' Talk/Pehlke Pacers <b>10:00am Zoo Mobile*</b> 10:00am Senior Solvers - puzzles group <b>11:30am AARP Potluck/Business Mtg.</b> 1:00pm Hem & Haw 1:00pm Poker 1-4:00pm Genealogy Library Hours 2:00pm Dynabands* 3:30pm Dance to 100*	<b>11</b> 7:30am Dynabands* 8:30am Intermediate Yoga* 9:00am One Stroke Painting* 9:30am Memoirs* 9:30am Bridge Lessons* 10:30am Chair Yoga* 12:30pm Bingo 1:00pm Bridge Lessons* 2:00pm Fitness For Life* <b>2:30pm Senior Commission Mtg.</b>	<b>12</b> 7:30am Fitness For Life* 8:45am Walk N' Talk/Pehlke Pacers 9:30am Watercolor Painting 9:30am Memoirs* 12:15pm Video Movie 1:00pm Nostalgics 1:00-4:00pm Genealogy Library Hours 2:00pm Dynabands* 2:15pm Jam Session & Dance
<b>15</b> 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 Beginning Balance Workshop* 2:00pm Dynabands* <b>2:00pm Japanese Visitors*</b> 3:00pm Tap Dancing 6:30pm Social Bridge	<b>16</b> 7:30am Dynabands* 9:00am Ceramics 9:00am Tai Chi* 9:30am Book Review 10:15am Feldenkrais* 10:30am Senior Center Reads... Book Club <b>10:30am Armchair Travel - Cambodia</b> 11:30am Feldenkrais* 1:00pm Meals Made Easy* 1:00pm Bridge/Pinochle 2:00pm Fitness For Life*	<b>17</b> 7:30am Fitness For Life* 8:45am Walk N' Talk/Pehlke Pacers 10:00am Alzheimer's Support Group <b>10:00am Cataracts 101</b> 11:00am Food Distribution 1:00pm Hem & Haw 1:00pm Poker 1:00-4:00pm Genealogy Library Hours 2:00pm Dynabands* 3:30pm Dance to 100*	<b>18</b> 7:30am Dynabands* 8:30am Intermediate Yoga* 9:00am HICAP Appts* 9:00am One Stroke Painting* 9:30am Memoirs* 9:30am Bridge Lessons* 10:30am Chair Yoga* 12:30pm Bingo 1:00pm Bridge Lessons* 2:00pm Fitness For Life*	<b>19 Deadline for Senior Idol signups</b> 7:30am Fitness For Life* 8:45am Walk N' Talk/Pehlke Pacers 9:30am Watercolor Painting 9:30am Memoirs* 12:15pm Video Movie 1:00pm Nostalgics 1:00-4:00pm Genealogy Library Hours 1:00pm Red Hats – Game Day 2:00pm Current Events 2:00pm Dynabands <b>Sat., Sept 20, 12:00 – 3:00 pm SCD Bingo</b>
<b>22</b> 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* 3:00pm Tap Dancing 6:30pm Social Bridge	<b>23</b> 7:30am Dynabands* 9:00am Ceramics 9:00am Tai Chi* 10:15am Feldenkrais* 11:30am Feldenkrais* 1:00pm Bridge/Pinochle 1:30pm Parkinson's Support Group 2:00pm Fitness For Life* 7:00pm Internet Users Group	<b>24</b> 7:30am Fitness For Life* 8:45am Walk N' Talk/Pehlke Pacers 10:00am Men's Group 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* 3:30pm Dance to 100*	<b>25</b> 7:30am Dynabands* 8:30am Intermediate Yoga* 9:30am Memoirs* 9:30am Bridge Lessons* 10:30am Chair Yoga* 12:30pm Bingo 1:30pm Breathers Support Group 1:00pm Bridge Lessons* 2:00pm Fitness For Life*	<b>26</b> 7:30am Fitness For Life* 8:45am Walk N' Talk/Pehlke Pacers 9:30am Watercolor Painting 9:30am Memoirs* 12:15pm Video Movie 1:00pm Nostalgics 1:00-4:00pm Genealogy Library Hours 2:00pm Dynabands* 2:15pm Jam Session & Dance
<b>29</b> 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 10:00am Walking with Poles - Pehlke Pacers Talk* 12:30pm Duplicate Bridge 1:00pm Scrabble/Bridge/Mah Jongg 1:00pm Genealogy Club Meeting 2:00pm Dynabands* 3:00pm Tap Dancing 6:30pm Social Bridge	<b>30</b> 7:30am Dynabands* 9:00am Ceramics 9:00am Tai Chi* 9:00am SCD Board Mtg 10:15am Feldenkrais* 11:30am Feldenkrais* 1:00pm Bridge/Pinochle <b>1:30pm Hearing Talk/Hearing Assessments*</b> 2:00pm Fitness for Life*		<b>Transportation Services</b> <b>757-4408</b>  <b>Senior Center Offices</b> <b>757-5696</b>	* Indicates need to register in advance, and/or by appointment Please call 757-5696


Elderly Nutrition Program in Yolo County  
People Resources, Inc.

Menu Subject to Change

# September 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
<b>1</b>  <i>Holiday Labor Day</i>	<b>2</b> <b>SCD Membership Luncheon</b>  <b>No ENP Meal Today- MOW Delivery Only</b>	<b>3</b> *Chilled Tomato and Cucumber Soup+ Spinach Salad* *½ Ham Sandwich *Peaches	<b>4</b> Lemon Pepper Fish w/ Tartar Sauce *Rice Pilaf Chef's Blend Vegetables+ *Honey Wheat Roll *Fruit	<b>5</b> Salisbury Steak w/Pearl Onions and Gravy *Garlic Mashed Potatoes+ Broccoli+* *Cracked Wheat Bread *Blushed Pears	Reservations/ Cancellations <u>must be made by noon</u> the day before by calling the site:  DAVIS SENIOR CENTER 646 A Street 757-5541  WEST SAC SENIOR CENTER 664 Cummins Way (916) 373-5819  KNIGHTS LANDING HARBOR APARTMENTS 9320 Mill St 662-7035  WINTERS COMMUNITY CENTER 201 Railroad Avenue 795-4241  WOODLAND SENIOR CENTER 2001 East Street 661-5890  ESPARTO 662-7035  <b>ELDERLY NUTRITION PROGRAM WOODLAND 662-7035</b>
<b>8</b>  <b>Mystery Meal</b>	<b>9</b> *Fruit Juice+ Oven-Fried Chicken *Macaroni and Cheese *Mixed Vegetables* *Biscuit	<b>10</b> <b>AARP Potluck Today</b> *Roman Caesar Salad Romaine* topped w/Italian Cheese Blend Tomatoes, Olives, Egg, & Croutons w/Creamy Caesar Dressing *Red Potato Vinaigrette *Baguette *Pistachio Salad+	<b>11</b> **Polish Dog w/Bun (contains pork) *Sauerkraut+ *Steamed Carrots* *Fresh Fruit	<b>12</b> **Creole Shrimp w/peppers, carrots*, onions, & mushrooms served over Rice Cauliflower+ *Wheat Roll *Fruit Juice+	
<b>15</b> Chicken Breast Dijon *Scalloped Potatoes+ *Peas & Pearl Onions *Multigrain Roll *Apricot Nectar*+	<b>16</b> **Vegetarian Sandwich on Whole Wheat w/humus, cheeses, lettuce & tomato *Carrot Salad* *Gelatin w/Fruit+	<b>17</b> *Baked Ham w/glaze *Candied Sweet Potatoes* Brussel Sprouts+ *Cornbread *Applesauce	<b>18</b> *Chinese Chicken Salad Teriyaki Chicken served over greens w/red bells, mushrooms water chestnuts **Crispy Noodles *Whole Wheat Crackers *Pineapple Tidbits+	<b>19</b> Beef Tips in Tomato Sauce w/Onion & Green Peppers+ *Rotini Pasta Capri Blend Vegetables* *Biscuit *Fruit Cocktail	
<b>22</b> **Twice Baked Potato topped w/cheddar, mushrooms, onions & sour cream Steamed Broccoli+* *Honey Wheat Roll *Peaches	<b>23</b> *Juice+ Stuffed Tomato+ w/ Tuna, Served on a Bed of Crisp Greens Hard Boiled Egg *Macaroni Salad *Whole Wheat Crackers	<b>24</b> <b>Happy Birthday</b> *Fruit Juice+ *Marinated Herb Chicken Creamy Penne Pasta *Mixed Vegetables*+ *Seven Grain Roll **Birthday Cake	<b>25</b> *Ranch Beans **Hamburger w/Bun, Lettuce, Tomato, Relish & Condiments *Corn *Fresh Melon+	<b>26</b> *Fruit Juice+ Chef's Salad* w/diced turkey & ham and cheese bleed Marinated Cucumbers & Tomatoes *Seven Grain Roll *Whole Wheat Bread	
<b>29</b> Crispy Baked Fish *Brown Rice Blend Stewed Tomatoes+ *Whole Wheat Bread *Tropical Fruit+	<b>30</b> *Juice+ *Spinach*, Bacon, & Egg Strata *Oven Roasted Potatoes *Zucchini & Sweet Potato Bread	<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. 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.  Meal contains more than 1000mg sodium.			

\$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.

