



Transportation: (530) 757-4408      Office: (530) 757-5696      Travelaires: (530) 753-4159  
**Volume XXXVI Number 4**      Office Fax: (530) 758-0463      **April 2009**  
\$10.00/Year Subscription      Email: seniorservices@cityofdavis.org      www.cityofdavis.org/cs/seniors/

**“VIVA ITALIA!” – INTERNATIONAL PARTY**

“Viva Italia!” A celebration of the Italian culture, will be held **Wednesday, April 15, 11:30 a.m. - 2:00 p.m.**

Tickets will be \$6 per person, \$4 for SCD members, and will include wonderful Italian food as well as exciting entertainment and raffle prizes! - Thanks to Atria Covell Gardens and Senior Citizens of Davis for catering this great event!



Don't forget to bring your quarters. We will be featuring our special bidding raffle again this year as a Senior Center fundraiser. Each donated item will have a designated bid value (e.g. 25¢, 50¢, \$1.00). If you are interested in a particular item, you place your bid (cash!) in the bidding can on your table. If your name is drawn, and you have placed a bid, then you win the prize. If you did not place a bid, then the prize goes to the next name drawn. By placing a bid on each item, you increase your chances to win a prize while supporting the programs here at the Senior Center. Even if you bid on every item, you won't have to spend more than \$10 in quarters!

**HOLOCAUST REMEMBRANCE DAY SPEAKER**

In observance of Holocaust Remembrance Day, the Davis Senior Center is honored to host a speaking engagement by Holocaust survivor Alex Groth on **Tuesday, April 21, 1:00 - 2:00 p.m.**

Mr. Groth is a retired political science professor who lived in the Warsaw Ghetto. He is the author of numerous articles and books including “*Holocaust Voices: An Attitudinal Survey of Survivors*,” a 2003 book based on interviews of Holocaust survivors. Everyone is welcome to attend this free event. Please sign up at the front desk or call 757-5696.

**FOND FAREWELLS**

The Senior Center recently bid goodbye to Katacha Diaz, part-time office assistant, and Lesley Nelson, nutrition site manager. Katacha's first love is writing children's books, and when an editor gave her a major writing assignment, she had to follow her heart. Lesley also leaves to pursue a passion – midwifery. She has always been drawn to the field, but she was presented with an opportunity she could not pass up. We wish both Lesley and Katacha the best. We will miss them!

## SENIOR CITIZENS OF DAVIS Building for a Better Tomorrow

### NO SCD APRIL LUNCHEON

Instead of our regular first Tuesday luncheon, SCD is partnering with the Davis Senior Center to host the annual **International Party on Wednesday, April 15**. See page 1 for more information.

### ROSY DAYS AHEAD

A special "thank you" to the dynamic duo of John Adams and Barbara Hager for pruning, weeding, watering and general loving care put forth to ensure that our Senior Center rose garden will be beautiful this spring time.

### SUNSHINE LADY

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

*Get well* cards to Thelma Medaglia, Sue Gyorke, Billie Jean Behymer, Wes Penny and Joan Barrett.

*Thinking of You* cards to Ruth Griggs, Rush Darigan, Margaret Tucher and Lucille Levitt.

*Sympathy* card to family of Charles Caldwell, family of Gerald Ling, family of John B. Wilson, family of Raymond Keefer and to Steve Synhorst for the death of his mother, Eldora Synhorst.

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.

### NUGGET RECEIPTS DUE!

After many years of generous donations to the Senior Center, Nugget Market is changing its community fundraising approach. As a result, we need your Nugget receipts now! The Senior Center will still receive 1% of the total, as long as the receipts are dated through April 30, 2009. Ask your friends and relatives to submit their receipts too! Every little bit helps as we attempt to maximize the last round of our traditional fundraiser. Your receipts must be turned in to the Senior Center by May 22.

Many thanks to all of you have submitted receipts over the years, helping to raise thousands of dollars for senior programs. We hope you will "stay

on board" as we transition to Nugget's new fundraising program. Keep reading for more information!

### BUY NUGGET SCRIP

Beginning in May, Nugget Markets will convert to a "scrip" program to continue supporting community non-profits, such as Senior Citizens of Davis. This paperless program allows you to load and reload a scrip card with a specified dollar amount, using funds from any payment source (ATM, credit card, check and cash). The loaded scrip card then functions like an ATM card at the check stand. Nugget will donate 3% of your scrip purchase to the pre-designated non-profit of your choice – in this case, Senior Citizens of Davis.

With your May Senior Scene, SCD will send one Nugget Market "scrip card." Enter your name, address and telephone number where indicated and take it to any Nugget Market checkout stand to activate the card. Three percent of the total amount loaded on the card will be donated to SCD. A simple and effective way for you to continue your support. Thank you.

### THANKS FOR YOUR GENEROSITY!

The final totals are in for the annual Applebee's Breakfast benefit for the Dianne Hinsz Memorial Scholarship program.



Applebee's donated 100% of the ticket sales - \$772! - to support this scholarship program for low-income seniors to take classes at the Senior Center. Senior Citizens of Davis sponsored this event and donated \$200 for the raffle for Applebee's gift certificates. Thanks to all of you who joined us for this fun and filling fundraiser. And when you dine at Applebee's, please tell them how much we appreciate their support!

If you or someone you know would like to take classes at the Senior Center, but can't afford them, please consider applying for a Hinsz scholarship. Scholarships are available to Davis residents age 60+ with annual incomes below \$23,000 for individuals or \$26,300 for couples. Ask for the simple application at the front office.

## 2009 Board of Directors

President -	Wes Penny
Vice President -	Betty Iams
Secretary -	Barbara Hodson
Treasurer -	Carol Harting
Program Coordinator -	Cristina Vargas
Membership Services -	Barbara Hager
Public Relations -	Don Harting
Sunshine -	Eileen Byrne
Technology & Marketing Svcs -	John Gerlich

## MOVIES

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

**April 3- Strictly Ballroom** (1992) 1 hour 34 minutes - Daggy Fran wants to be a ballroom star, and has plenty of time to dream about it as she mops up the floors of the dance studio. Then she meets rebellious Scott, who is looking for a partner to work on his controversial dance moves.

**April 10- Much Ado About Nothing** (1993) 1 hour 51 minutes. Set in the beautiful Tuscan countryside with magnificent scenery, this Shakespeare tale will get you in the mood for a trip to Tuscany. It's one of the easier Shakespeare plays to understand and it's in English.

**April 17- Australia** (2008) 2 hours 45 minutes - Set in northern Australia before World War II, an English aristocrat who inherits a sprawling ranch reluctantly pacts with a stock-man in order to protect her new property from a takeover plot.

**April 24- Some Like It Hot** (1959) 2 hours - When the Mob comes looking for a couple of musicians, they beat it for the French Riviera, disguised as broads and join an all-female band. They find trouble when they both fall head over heels for irresistible ukulele-player Sugar (Marilyn Monroe). Marilyn and the boys are unforgettable.

## THE GIFT OF GIVING

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

Duplicate Bridge – Monday	\$ 69
Hem & Haw (SCD)	\$ 95
Income Tax Donation	\$ 50
Information & Assistance	\$ 66
Medical Equipment Donations	\$202
Miscellaneous	\$157
Monday Nite Social Bridge	\$ 30
Piano Donations	\$ 35
Snow Train Fundraiser	\$400
Tap Dancers	\$ 20
Tuesday Pinochle	<u>\$ 12</u>
Total	\$1,136

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

## FRIENDSHIP CAFÉ & NUTRITION EDUCATION

### MEAL HIGHLIGHTS

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



### **Wednesday, April 1, “April Foods Day.”**

Come for hors d’oeuvre extravaganza, sausage, meatballs, ribbon sandwich and petite dessert

### **Thursday, April 9, “Easter Celebration.”**

Come try our baked ham with glaze, whipped sweet potatoes, broccoli salad, baguette and dessert.

### **Wednesday, April 29 “Happy Birthday.”**

Come and enjoy the roast beef aujus, mashed potatoes, stewed tomatoes, wheat roll, fruit juice and, of course, Birthday cake.

Meal reservations should be made **no later than 12:00 noon** the day prior to attending. Meal reservations received less than 24 hrs in advance may not be available. For meal cancellations, please call at least 24 hrs in advance when possible. For further information, call 757-5541.

### LUNCH FEES

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

\*unless accompanied by senior spouse

## TRANSIT INFORMATION

### DAVIS COMMUNITY TRANSIT

This month we would like to give our customers advance notice of upcoming changes at DCT. Beginning July 1, the 1-way fare will be \$2.00. For the past three years we have raised the fare 25¢ per year to gradually meet our suggested standard of \$2.00 per 1-way trip.



Also beginning July 1, we will be selling 5-ride tickets as well as the usual 10- and 20-ride tickets. To better accommodate our customers, for the first time in DCT history, bus drivers will have the 5-ride bus tickets on the bus available for purchase. If you have any questions, please feel free to call the DCT office at 757-4408.

## INFORMATION & ASSISTANCE

### TAX ASSISTANCE PROGRAM

The Senior Center continues offering free tax preparation services by experienced volunteers for low- and moderate-income individuals. Appointments continue on Mondays, Tuesdays and Wednesdays through Tuesday, April 14. Appointments are one hour in length, and can be made by calling the office at 757-5696. If you have to cancel or reschedule your appointment, please call us right away so that we might accommodate others.

The services offered by AARP's Tax Aide Program are free. However, donations to the Davis Senior Center are always welcome to help offset the costs of photocopying and mailing reminders.

### SOCIAL SECURITY SERVICES

A representative from the West Sacramento Social Security office will be at the Senior Center on **Wednesday, April 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.

### DMV TESTS

The California Department of Motor Vehicles makes available sample written tests. They are accessible online at [www.dmv.ca.gov](http://www.dmv.ca.gov) Copies of the sample tests with answers are available at the senior center for a \$2.00 donation.

### SPRING CLEANING

The Davis Oddfellows Lodge is offering to help you with your home spring cleaning projects. They can help with any project that can be completed in one day, including hauling away or disposing of items that you no longer have use for, or need taken to the dump. They provide their own tools. Please leave your name, phone number and/or e-mail address at 530-681-2529 or [czbeede@sbcglobal.net](mailto:czbeede@sbcglobal.net) and they will arrange to help you.

## HEALTH & WELLNESS

### 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>Beginning Balance Workshop</b> (M 1:00-2:30 p.m.)	<b>April 20</b> \$10/res/\$16/\$22non-res
<b>Bones for Life</b> (W 9:00-10:15 a.m.)	<b>April 22 - June 3</b> \$35 res/\$41/\$47non-res
<b>Dynabands AM</b> (T, Th 7:30-8:30 a.m.)	<b>Ongoing - Apr 30</b> \$8 res/\$14/\$20non-res
<b>Dynabands PM</b> (MWF, 2-3:00 p.m.)	<b>Ongoing - May 1</b> \$10/res/\$16/\$22non-res
<b>Feldenkrais (continuing)</b> (T, 10:15-11:15 a.m.)	<b>April 7 - 28</b> \$15 res/\$21/\$27 non-res
<b>Feldenkrais (new students)</b> (T, 11:30 a.m.-12:30 p.m.)	<b>April 7 - 28</b> \$15 res/\$21/\$27 non-res
<b>Fitness for Life - 7:30 AM</b> (MWF, 7:30-8:30 a.m.)	<b>April 1 - 29</b> \$39 res/\$45/\$51 non-res
<b>Fitness for Life - 8:45 AM</b> (MWF, 8:45-9:45 a.m.)	<b>April 1 - 29</b> \$39 res/\$45/\$51 non-res

**Golf** **April 13 – 29**  
(MW, 9:30-10:30 a.m.) \$80 res/\$86/\$92 non res

**Tai Chi/Chi Gung** **April 7 - 28**  
(T, 9:00-10:00 a.m.) \$18 res/\$24/\$30 non-res

**Tap Dancing** **Ongoing**  
(M, 3:30-4:30 p.m.) Free

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

**Yoga – Intermediate** **April 6 – 30**  
(M,Th, 8:15-10:15a.m.) \$75 res/\$81/\$88 non-res

**Yoga – Chair** **April 6 – 30**  
(M,Th, 10:30-11:30 a.m.) \$40 res/\$46/\$52 non-res

**Zumba -** **April 3-24**  
(F, 12:30 – 1:15 p.m.) \$16 res/\$22/\$28 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.*

## GAINING BALANCE WORKSHOP

Want to learn some simple movement practices that can increase your stability and decrease your risk of falling? Attend the beginning level Gaining Balance Workshop on **Monday, April 20, 1:00 - 2:30 p.m.** at the Davis Senior Center. Cost is \$10.00. Space is limited and pre-registration is required.

The session will include movements designed to improve stability and alignment with attention to feet, ankles, and torso; techniques to regain balance; and various ways to get up from the floor. Participants should dress comfortably in layers, and may take the workshop more than once to gain additional practice and confidence.

Instructor Marg Bartosek has taught at the Davis Senior Center for the past 18 years. She draws on her expertise in the Feldenkrais Method® of Movement Education and the Bones for Life® Program to complement traditional balance exercises. For more information or if you have questions, call Marg at 753-6060.

To register, call the Senior Center, 757-5696.

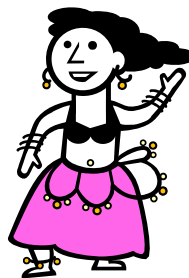
## GOLF – IT'S TEE TIME!

The Senior Center and Wildhorse Golf Course are once again offering golf instruction for active older adults. You will learn many of golf's fundamentals including putting, chipping and full swing or just improve upon your existing skills. Grab a friend or neighbor, get out in the fresh air, and enjoy this energetic outdoor class! Advanced registration is required, and there is a \$20 additional materials fee payable to the instructor on the first day of class to cover balls, equipment and cart.

A class begins **Monday, April 13 – 29, 9:30 – 10:30 a.m. on Mondays and Wednesdays.** The fee for the class is \$80.



## FREE DEMO FOR NEW FUSION BELLY DANCE!



Fusion mixes belly dance with other dance styles including, salsa, flamenco, hula and hip-hop. This class is geared toward beginners. Belly dance is an excellent exercise for flexibility, strength, endurance and weight loss. The instructor encourages all fitness levels, shapes, and sizes. Please wear comfortable clothing for movement. This class will meet **Wednesdays, 10:30 - 11:30 a.m. beginning May 6.** Come participate in a free demonstration **Wednesday, April 29, 10:30 - 11:30 a.m.**

## ZUMBA IS ALL THE RAGE

Zumba is a fun and easy way to burn calories through high-energy Latin dance music. The Senior Center has an on-going class that meets on **Fridays, April 3 – 24, 12:30 – 1:15 p.m.**

No dance experience is necessary and all fitness levels are welcome. Wear comfortable clothes and tennis shoes and come prepared to have fun! \$16 for Session II (four classes) Instructor, Rika Maatsuda encourages anyone in a wheelchair or with mobility issues to join.

## TAP DANCING- NEW TIME

Looking for a fun way to exercise? One hour of tap dancing is thought to burn around 250 calories and includes other great benefits such as coordination and rhythm development. Check out our free Tap Dancing Class on **Mondays**, at its new time of **3:30 - 4:30 p.m.** Instructor Jeanine Jette

will lead you through the steps and moves to get your heart pumping! This is a great way to get your physical activity while having a good time also!

### **BONES FOR LIFE**

Have you been concerned about your bone density? This month we offer another session of our new Bones for Life class, on

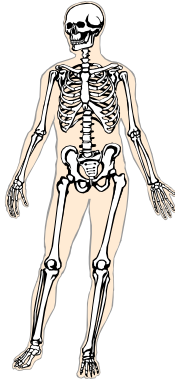
**Wednesdays, April 22 – June 3 at**

**9:00 a.m.** Improve your posture and alignment. Experience a greater sense of security and strength. Stimulate bone density with controlled weight-bearing challenge. Bones for Life® uses dynamic and rhythmic

movement patterns that involve pushing hands and feet into the wall or floor, and using a strip of cloth as a wrap to assist alignment and ensure safety.

Participants will learn to coordinate a springy and dynamic walk, and develop skills in restoring balance. Other weight-bearing exercises, such as walking or weight training, will then be more enjoyable and beneficial.

Pre-requisite: Students must be able to get up and down from the floor and should bring a large towel to class. Students must purchase a fabric wrap available through the instructor, Marg Bartosek, on the first day of class for \$15. Sessions may be repeated to increase confidence and restore balance.



### **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**

### **LOBBY RENOVATION TO START**

Disabled residents have long struggled with accessing the reception/registration desk in the front lobby of the Davis Senior Center. A lobby renovation project was approved in 2007, and funds were made available through a Community Block Grant specifically designed for renovation projects which create accessibility for the disabled. The project will tentatively begin Monday, April 20 and end Friday, May 1.

The renovation includes a larger registration desk which is wheelchair accessible and incorporates space for our volunteer greeters. New carpeting will be installed in the A street lobby, hallway, and 7<sup>th</sup> street lobby area. (Rips in the existing carpeting have created a tripping hazard.)

Although we do not anticipate canceling classes during the project, noise from construction may impact programs and classes. The front desk will temporarily be relocated, but full service will still be provided. Lobby areas may be blocked and alternate entrances to the building will be posted.

We thank you for your patience and look forward to greeting you from a new improved counter in May.

### **ITALIAN COOKING DEMONSTRATION**

Join Julie Cross of the Davis Food Co-op to explore some of the flavor elements that distinguish Italian cooking. On **Tuesday, April 7 at 2:00 p.m.** she'll demonstrate (and sample) several quick, economical and delightful recipes sure to please the armchair traveler. Please RSVP at the front desk, 757-5696.



### **WHEN IN ROME**

Come join us on **Tuesday, April 14 at 1:00 p.m.**, for a presentation on Rome by Franco Navazio. Franco will compare a day in the life of a Roman today to a day in the life of Roman 2000 years ago. Franco, a native of Rome, will bring pictures and share experiences. Please RSVP at the Senior Center, 757-5696.



## HISTORY OF CHOCOLATE

On **Wednesday, April 8, 3:00 - 4:00 p.m.**, Louis Grivetti, Professor of Nutrition Emeritus at UC Davis will present the rich, chocolate-related history of California from the Spanish and Mexican eras, through the Gold Rush era, into the 21st century.



Professor Grivetti has conducted research on American and international food patterns, whether from contemporary or historical perspectives. For the past 10 years, he and his team have been sponsored by Mars, Inc. to conduct research on the history of chocolate. He is co-editor with Howard-Yana Shapiro of a recently published book: *Chocolate: Culture, Heritage, and History*. Everyone is invited to this presentation. Please RSVP at the front desk, 757-5696 so he knows how many chocolate samples to bring!

## CITY CREEK WILDLIFE RESTORATION: APPLIED SCIENCE FOR OUR COMMUNITIES

On **Monday, April 20 at 10:30 a.m.** Mary Tappel, environmental scientist and staff member of the State Water Board, will be at the Senior Center to discuss City Creek Wildlife Restoration.



Come hear the ongoing, uplifting story of Arcade Creek, located in north Sacramento, home to wood ducks, river otter, kingfishers, hawks, muskrat, green herons, kites, egrets, turtles, mergansers, and great blue herons. This stream was once headlined in the Sacramento Bee as “one of the most polluted urban creeks in the nation.”

Mary will share the role of UC Davis and how many local Davis residents have been participating in available low-cost wildlife restoration techniques for California’s Central Valley cities. Even a creek periodically polluted by city storm runoff can be inexpensively enriched to host a fascinating array of attractive, watchable wildlife.

Please RSVP at the Senior Center front desk, 757-5696.

## NATIONAL SENIOR HEALTH & FITNESS DAY - “FITNESS IS A GOOD MOVE!”

The Davis Senior Center has a vision for a healthier Davis community and is committed to providing opportunities for persons of all ages to improve their overall health through fitness, nutrition, and education. This year, the Senior Center is kicking off a new annual campaign, “Fitness is a Good Move!” which emphasizes the need to keep healthy and active throughout your entire life.

Join us as we “Get Moving” to raise the profile of older adults in our community as we celebrate National Senior Health & Fitness Day on **Wednesday, May 27**. We encourage everyone to join us for the Annual Fitness Day Community Walk, which will occur **8:30 - 9:30 a.m.**, and will be led by the Cal Aggie Marching Band-uh! The walk will begin at the Davis Senior Center, down A Street to Russell Blvd, around Central Park, and then returning to the Senior Center via B Street.

In addition, Atria Covell will provide a healthy breakfast and Dr. Michael K. McCloud, associate professor in the UC Davis Department of Internal Medicine, will speak on health and fitness. Advance reservations for the fitness walk and breakfast are required. The cost is \$2.00 per person. For more information about the event, please contact the Davis Senior Center, 757-5696 or email Alisa Fisher at [afisher@cityofdavis.org](mailto:afisher@cityofdavis.org).

## PIANO LESSONS

Are you interested in learning how to play the piano or brushing up on your skills? UC Davis student Brooke Devlin will be offering individual, half-hour lessons 3:00-4:30 p.m. on Wednesdays. There is a suggested donation of \$5 per lesson. There is a three-lesson maximum per student, and students may only sign up for one class at a time. Please call 757-5696 for more information.

## DRIVERS SAFETY CLASS

The 2-day AARP Driver Safety Class will be offered at the Senior Center on **Wednesday, May 6 and Thursday, May 7, 12:30-4:30 p.m.** Most insurance companies offer reduced car insurance rates for successful completion of the course. Class size is limited and advance registration is required. The cost is \$12 for AARP members, and \$14 for non-members. Register with your check to AARP at the Senior Center office.

**DAVIS LIBRARY CLOSURE**

Four of seven Yolo County branch libraries will be closed for four days in early April. The closures, timed to match the spring breaks at local school districts, are part of a larger countywide effort to close the 2008-09 fiscal year budget gap. The Davis branch library closure will be **Monday, April 6 through Thursday, April 9.**

Residents will be able to receive services at branch locations which remain open in the event their branch is closed, and as always, online services such as the library catalog, many databases, and the YoloLINK database of community services will still be available 24/7.

**BULKY ITEMS DROP-OFF DAYS**

Now's your chance to get rid of some of that junk that has been cluttering your home. On **Thursday & Friday, April 2 & 3, 4:00 p.m. - 7:00 p.m.; and on Saturday, April 4, 10:00 a.m. - 4:00 p.m.**, Davis residents may drop off bulky items for free at Davis Waste Removal, 2727 2<sup>nd</sup> Street. Acceptable items include microwaves, computers, TVs, electronics, furniture, wood scraps, scrap metal, large appliances and other bulky items.

Please note this is not a hazardous waste drop off, so NO paint, oil, fluorescent bulbs, etc. will be accepted. Also, this is not a curbside pickup; you must transport the bulky items to the drop off site.

Please separate materials whenever possible so they can easily be recycled at the drop-off site. There will be a scavenging area where usable items such as furniture will be separated and stored for salvage. For more information, call Davis Waste Removal at 756-4646 or City of Davis Recycling Program at 757-5686.

**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, April 15 at 10:00 a.m.

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

**CREATING COMMUNITY LGBTea** - A social group for lesbian, gay, bisexual, and transgender (LGBT) seniors. Meetings will be held **April 2 & 16, and every first and third Thursday** of the month at **3:30 p.m.** in the Game Room. The purpose of the group is to expand social circles, exchange ideas, opinions, and offer support.



**MEN'S GROUP** – Wednesday, April 22 at **10:00 a.m.** The group welcomes a guest speaker. Dr. Marvin Goldman will deliver a power point presentation on energy sources, including nuclear.

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

**PROSTATE CANCER SUPPORT GROUP** – Monday, April 13 at 6:30 p.m. - The group will host a milestone meeting for providing mentor care service to prostate cancer patients. During the past year many men have found the technical information and advice received to be rewarding. Anyone interested in prostate cancer is welcome. For information, call 758-8322 or 756-9153.

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

**NEURO INVOLVEMENT GROUP**

University Retirement Community is launching a community-based group of folks impacted by "changes to the brain." All are welcome, including family and friends who may be impacted by stroke, Parkinson's Disease, M.S., ALS, brain tumors, dementia, aphasia, accident-related brain damage, or natural aging processes of the brain. The group plans to invite guest presenters with a wide range of topics and activities/events that cultivate sharing and communicating.



The first meeting agenda will include a speech therapist, physical therapist, stroke survivor, and materials from the American Heart and Stroke Association. The topic will be "Benefits of

Participating in Support Groups.” The meeting will be held in the auditorium at University Retirement Community, 1515 Shasta Drive, Davis, on **Saturday, April 4, at 3 p.m.**

## **NEUROPATHY ANNUAL MEETING**

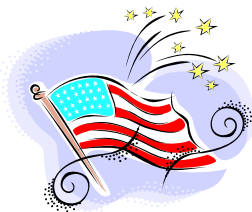
On **Monday, April 27, 9:00 a.m. – 3:00 p.m.**, the Northern California Chapter of the Neuropathy Association will hold its annual meeting at the Woodland Senior Center, 2001 East Street. Featured speakers will include Scott Fishman, MD, Chief of the Pain Medicine Division of the UC Davis Health System; Dominick Spatafora, executive of the Neuropathy Action Foundation, reporting on NAF’s activities; and Mae Denman leading a participatory demonstration of gentle yoga.

For more information and the registration form, go to [www.pnhelp.org](http://www.pnhelp.org). The registration deadline is April 17. For information about the Davis Neuropathy Group, contact Mary Sprifke at 756-5102.

## **VOLUNTEER CORNER**

### **RAISE THE FLAG**

We are seeking volunteers willing to raise the U.S. and California flags at the Senior Center weekday mornings. It’s a simple, but important job that takes only about 10 minutes. This job would be perfect for a veteran or a veteran’s family member. If you are available on a regular basis one day a week (or more!), we could use your help. Contact Maria or Alisa at 757-5696 for more information.



### **MEMORY STUDY**

The UC Davis Center for Mind and Brain is seeking healthy volunteers between ages 60 and 85 for studies of attention and short-term memory. Experiments range from one to four hours in duration, and compensation is \$10/hour. Call 530-297-4425 or email [lucklab.ucdavis@gmail.com](mailto:lucklab.ucdavis@gmail.com) for more information.

## **THANK YOU VOLUNTEERS!**

In celebration of National Volunteer Week, the City of Davis will be honoring all volunteers on **Tuesday, April 21 at 6:30 p.m.** in the Community Chambers. The Davis City Council will be presenting a proclamation of appreciation on behalf of all City departments in recognition of the countless hours given by community volunteers at the ceremonial presentation. The public is encouraged to attend the ceremony during the City Council meeting.

Thank you volunteers! The Davis Senior Center extends our utmost thanks to the many volunteers that give their time and energy throughout the year to support our programs and make a difference in other peoples’ lives. Please mark your calendars for our Annual Volunteer Ice Cream Social which will be happening August 13th.

## **SPECIAL INTEREST GROUPS**

### **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, 12:30 - 3:00 p.m.**, and on **Saturday, April 18 from 12:30 - 3:00 p.m.** Snacks are provided. The cost is 25¢ per card for two games.



### **BOOK REVIEW & SENIOR CENTER READS**

Stan Forbes will be here for the book review on **Tuesday, April 21 at 9:30 a.m.** to review some of the new books currently available. The next Senior Center Reads will be May 19 at 10:30 a.m. The book that will be discussed is *Lying Awake* by Mark Salzman. Books are available for purchase at the front desk.



### **CURRENT EVENTS DISCUSSION GROUP**

The discussion group will meet on **Friday, April 3 & 17 at 2:00 p.m.** Anyone is welcome to drop in and join the discussion. Historical and timely events of interest are featured.

**GENEALOGY CLUB & LIBRARY**

Join the Davis Genealogy Club on **Monday April 27 at 1:00 p.m.** for a presentation titled *“U.S. Military Pension Records: Tips from a Veteran Researcher.”*

Military pension application files contain original documents that give first-hand accounts of a veteran’s military service as well as personal and family information. Explore who was eligible for pensions, what’s in their files, and the various finding aids that exist.

Our speaker, Barbara Leak, has more than 20 years experience as a genealogy researcher and educator. She is a member of the Genealogical Speakers Guild and is president of the Genealogical and Historical Council of Sacramento Valley and a California State Genealogical Alliance Distinguished Service Award recipient. Her roots stretch from California across the American mid-west, to colonial America, Germany and Denmark. Guests are most welcome and encouraged to come to our meetings!

Our library is open on Wednesday and Friday from 1:00 to 4:00 p.m. and is open to the public. 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). or call Lisa Henderson at 753-8943.

**INTERNET USERS GROUP**

Internet Users meet monthly on the fourth **Tuesdays, 7:00 - 8:30 p.m.** in the Activity Room. All are welcome to come and enjoy the programs.

On **Tuesday, April 28**, our topic is “Digital Images, Again!” We’ll talk about this very popular subject yet again and answer as many questions as possible. When I transfer my photo from the camera to my computer what should I do next? What are the differences between jpegs, gifs and tiffs? What is “resolution” and why does it matter? How to increase and decrease the size of an image, how to improve its appearance, why an emailed image may not print well, and much, much more! If you have a specific question that you’d like answered in some detail at the meeting please email it to Anne at [rahance@dcn.org](mailto:rahance@dcn.org)

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

**MAC USERS GROUP**

This group will be meeting on **Tuesday, April 14, 6:30 - 8:30 p.m.** For more information, Eric Thompson at 758-3098.

**MUSICIAN JAM SESSION & DANCE**

All are invited to trip the “light fantastic” at our dance & musician jam session. Slip on those dancing shoes, and come enjoy our very own band, *“Music From the Back Room.”* We will meet on **Fridays, April 10 & 24, at 2:15 p.m.**

**NOSTALGICS**

Do you like singing in the shower? Join other singing enthusiasts who love singing those “oldies but goodies” on **Fridays, 1:00 - 2:00 p.m.**

**RED HAT SOCIETY**

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

**RED HAT SOCIETY LUNCHEON*****DSC ROCKERS***

Join our Red Hat Society group for “Lunch at Tazzina Bistro”  
614 Main Street, Woodland  
**Tuesday, April 21 at 11:30 a.m.**

RSVP: Joyce at 758-4757 no later than April 21

**DAVIS STAMP CLUB**

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

**ARTS & CRAFTS****PROJECT LINUS**

Project Linus meets the **first Wednesday of the month, 1:00 – 3:00 p.m.** in the Valente Room. Project Linus is a national organization with 383 chapters that provides security through blankets to seriously ill or children in need.

For more information, contact Diane McGee at 753-3436 or via email at [mcgeedav@dcn.org](mailto:mcgeedav@dcn.org).

**CERAMICS**

This group provides a great introduction to the wonderful hobby of ceramics! Students purchase their own greenware, according to personal taste and project needs, and then are provided with a large variety of glazes, stains and decals prior to firing. The \$5 monthly fee 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 **Tuesdays, 9:30 - 11:00 a.m.**, and students are encouraged to drop in and ask questions prior to starting their first class.

**HEM & HAW**

Would you like to make a sweater for your grandchild, or a blanket for a new baby, or just knit something warm and cozy for yourself? We would love for you to join us. If you have ever crocheted, knitted or stitched and would like to take up that hobby again, please feel free to join us each **Wednesday, 1:00 - 3:00 p.m.**

Some of the things that we make are for sale in our cabinet in the Senior Center Lobby. Stop by and take a look.

**OIL & ACRYLIC PAINTING: OPEN ART STUDIO**

Whether your medium is oil, acrylics, or watercolor; whether you are a novice or an experienced painter; we have a great location for you to come and meet others who share your artistic flair and interests.

Individuals informally gather and assist in learning and critiquing each other's projects. These artists may display their works throughout our lobby halls, and many of them even enter their works in local and regional fairs.

Give us a look **Mondays, 9:00 - 11:00 a.m.** in the Valente Room.

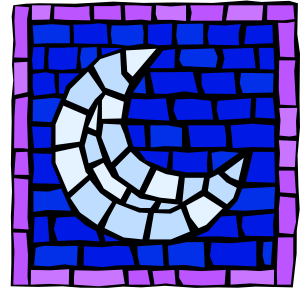
**ONE-STROKE PAINTING**

In April, instructor Sandra Gray-Fitzpatrick will teach two classes on **Thursday mornings, April 9 & 16, 9:00 - 11:30 a.m.** These classes are \$8.00 each or two classes for \$12. There are additional fees for materials payable to the instructor on the first day, and non-residents. For more information, contact the Senior Center office. Pre-registration is required.

**GALLERY GLASS**

Sandra Gray-Fitzpatrick is offering Gallery Glass, glass painting, and the end result is similar to stained glass. All projects are done on plexiglass for the safety of the students and easy transportation. The class will be offered on **Thursday, April 23, 9:00-11:00 a.m.** in the Valente Room. Registration fee is \$8.00 per class. The supply fee is \$10.00 per class, paid to the instructor at the time of class.

Stop by the display case in the Senior Center lobby to see examples of gallery glass.

**WATERCOLOR PAINTING**

Carol Bernard guides the senior watercolor painters on Fridays during April. Be ready to explore the medium and paint something fun and different.

Class begins at 9:30 and ends at 11:00 - 11:30 a.m. Students often come around 9:00 a.m. to set up and visit. Bring brushes, watercolors, palette, watercolor paper, scratch paper for drawing and a container for water. Don't leave an adventuresome spirit at home!

**CRAFT CLASSES**

It's time to show your creative side! Join Sandy Gray-Fitzpatrick the first Thursday of every month, **9:00 - 11:00 a.m.** for a new craft class. No experience is needed. The registration fee for each class is \$10 and a separate supply fee for each class is due to the instructor at the time of class.


- **April 2** *Sugar Eggs*
- **May 7** *No-Sew Container.*

To see pictures of these crafts or to register, please visit the front desk.



## 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** – A resource specialist 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** - Meets on **Thursday, April 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)
- **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.

This material can be made available upon request in an alternative format as required by the Americans With Disabilities Act of 1990. Direct your request to: Community Services Department (530) 757-5626; (530) 757-5666 (TDD) or [csweb@cityofdavis.org](mailto:csweb@cityofdavis.org).

**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.**

**April 2 – Legacy of Yves Saint Laurent** – Wait list.

**April 7 – Redhawk Casino** - Depart Davis Senior Center at 8:30 a.m. and Rancho Yolo at 8:45 a.m. \$15 slot play. Return Davis approximately 4:00 p.m. with drop-offs at both locations. \$16.

**April 22 – Mothball Fleet** – Wait list.

**April 26 - Tommy Tune** – Wait list.

**May 6 – Mothball Fleet** – Board the comfortable yacht “The Delphinus” for a private charter beginning in Vallejo. Capt. Ronn Patterson, a marine biologist with an international reputation, will be our host. Cruise alongside the collection of ships which dates back to World War I including the Battleship Iowa and the tugboat that helped rescue sailors from the water of Pearl Harbor on December 7, 1941. Capt. Ronn will also describe other sights along the way. Lunch is at the Dead Fish Restaurant. \$122.

**May 17 – Cliff House Brunch and the Exhibit: Fabergé, Tiffany and Lalique.** Wait list.

**June 10 – Sisters of Swing** – Wait list.

**July 4 – Fireworks on the Bay** – Enjoy a box supper on the way to Jack London Square. Board the historic USS Potomac, FDR’s Presidential Yacht, and sail onto San Francisco Bay to view a fantastic display of fireworks. Champagne, dessert and soft drinks served on board. Depart Davis Senior Center at 5:00 p.m. and return approximately 12:00 midnight \$195. (Includes fundraising donation to maintain the Potomac.)



**July 22 – Smokey Joe’s Café** At the East Sonora Theatre, the Sierra Repertory Theatre’s most requested revival. Featuring nearly 40 of the greatest songs of the era including “Spanish Harlem,” “Fools Fall in Love,” “Hound Dog,” this is electrifying entertainment provided by the highly acclaimed repertory group. Lunch is included at Banny’s Restaurant. \$85.

**August 20 – Bridges of the Bay** – The USS Potomac sails on another new adventure. Depart from Jack London Square on FDR’s Presidential Yacht, cruise under three main bay bridges, the Golden Gate, Richmond/San Rafael and Bay Bridge. Learn about their unique construction, differences and histories. See the construction of the new Bay Bridge. A box lunch is included. \$98.

**August 24 or 26 – September 4 – Denver to the Dakotas** – Take the All West Coach leaving August 24 or fly on August 26 to Denver. Embark on a tour including the incredible new Denver Art Museum, South Dakota hills, Mount Rushmore, North Dakota Badlands, Medora Musical, Little Bighorn, Beartooth Scenic Highway, Cody, Wyo. Museums, Yellowstone and Grand Tetons. Travel home by motorcoach. \$2230 pp dbl., add \$650 ss.

**September 18 – Secrets of the Presidio** – Special touring of the Presidio grounds with our favorite San Francisco guide, Craig Smith. Includes the new Walt Disney Family Museum, the Lucas Art “campus,” and lunch at the Presidio Club. Continue on to Fort Point to see new historical displays and learn the history of this fort built in 1861. \$96.

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Travelaires who take overnight and day trips are required to park their cars on the east side of A Street and the south side of 7<sup>th</sup> Street.

Parking permits are available at no charge and will be distributed by the escort at the Senior Center bus departure location. The permits are to be returned to the escort at the end of the trip. No permits needed weekends and holidays

## Davis Senior Center Activities – April 2009

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Transportation Services</b> 757-4408</p> <p><b>Senior Center Offices</b> 757-5696</p>	<p><b>*Indicates need to register in advance, and/or by appointment</b> <b>Please call 757-5696</b></p>	<p><b>1</b> 7:30am Fitness For Life* 8:45am Fitness For Life* 8:45am Walk N' Talk/Pehlke Pacers 9:00am Peer Counselors Meeting 1:00pm Hem &amp; Haw 1:00pm Poker 1:00pm Project Linus 1:00pm Genealogy Library Hours 2:00pm Dynabands*</p>	<p><b>2</b> 7:30am Dynabands* 8:15am Intermediate Yoga* 9:00am Craft Class – Sugar Eggs* 9:30am Memoirs* 9:30am Bridge Lessons* 10:30am Chair Yoga* 12:30pm Bingo 1:00pm HICAP Appts* 1:00pm Bridge Lessons* 3:30pm LGBTea Group</p>	<p><b>3</b> 7:30am Fitness For Life* 8:45am Walk N' Talk/Pehlke Pacers 8:45am Fitness For Life* 9:30am Watercolor Painting 9:30am Memoirs* 12:15pm Video Movie 12:30pm Zumba* 1:00pm Nostalgics 1:00pm Genealogy Library Hours 2:00pm Dynabands*; 2:00pm Current Events</p>
<p><b>6</b> 7:30am Fitness For Life* 8:15am Intermediate Yoga* 10:30am Chair Yoga* 8:30am Veterans' Services 8:45am Fitness For Life* 8:45am Walk N' Talk/Pehlke Pacers 9:00am Oil/Acrylic Painting 12:30pm Duplicate Bridge 1:00pm Scrabble/Bridge/Mah Jongg/Canasta 1:00pm Beginning Balance Workshop* 2:00pm Dynabands* 3:30pm Tap Dancing 6:30pm Social Bridge</p>	<p><b>7</b> 7:30am Dynabands* 9:00am Tai Chi* 9:30am Ceramics 10:15am Feldenkrais* 11:30am Feldenkrais* 1:00pm Bridge/Pinochle <b>2:00pm Italian Cooking Demonstration*</b> 7:00pm Stamp Club</p>	<p><b>8</b> 7:30am Fitness For Life* 8:45am Fitness For Life* 8:45am Walk N' Talk/Pehlke Pacers 10:00am Transitions Group 1:00pm Hem &amp; Haw 1:00pm Poker 1:00pm Genealogy Library Hours 2:00pm Dynabands* <b>3:00pm History of Chocolate Talk*</b></p>	<p><b>9</b> 7:30am Dynabands* 8:15am 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* 2:30pm Senior Citizens Commission</p>	<p><b>10</b> 7:30am Fitness For Life* 8:45am Walk N' Talk/Pehlke Pacers 8:45am Fitness For Life* 9:30am Watercolor Painting 9:30am Memoirs* 12:15pm Video Movie 12:30pm Zumba* 1:00pm Nostalgics 1:00pm Genealogy Library Hours 2:00pm Dynabands* 2:15pm Jam Session &amp; Dance</p>
<p><b>13</b> 7:30am Fitness For Life* 8:15am Intermediate Yoga* 10:30am Chair Yoga* 8:30am Veterans' Services 8:45am Fitness For Life* 8:45am Walk N' Talk/Pehlke Pacers 9:00am Oil/Acrylic Painting 12:30pm Duplicate Bridge 1:00pm Scrabble/Bridge/Mah Jongg/Canasta 2:00pm Dynabands*; 2:00pm Legal Asst.* 3:30pm Tap Dancing 6:30pm Social Bridge 6:30pm Prostate Support Group</p>	<p><b>14</b> 7:30am Dynabands* 9:00am Tai Chi* 9:30am Ceramics 10:15am Feldenkrais* 10:30am Blood Pressure Check 11:30am Feldenkrais* 1:00pm Bridge/Pinochle 1:00pm When in Rome Talk* 7:00pm Mac Users Group</p>	<p><b>15</b> 7:30am Fitness For Life* 8:45am Fitness For Life* 8:45am Walk N' Talk/Pehlke Pacers 10:00am Alzheimer's Support Group 11:00am Food Distribution <b>11:30am VIVA ITALIA – International Party*</b> 1:00pm Hem &amp; Haw 1:00pm Poker 1:00pm Genealogy Library Hours 2:00pm Dynabands*</p>	<p><b>16</b> 7:30am Dynabands* 8:15am Intermediate Yoga* 9:00am One Stroke Painting* 9:00am HICAP Appts* 9:30am Memoirs* 9:30am Bridge Lessons* 10:30am Chair Yoga* * 12:30pm Bingo 1:00pm Bridge Lessons* 3:30pm LGBTea Group</p>	<p><b>17</b> 7:30am Fitness For Life* 8:45am Walk N' Talk 8:45am Fitness For Life* 9:30am Watercolor Painting 9:30am Memoirs* 12:15pm Video Movie 12:30pm Zumba* 1:00pm Nostalgics; 1:00pm Genealogy Library Hours; 1:00pm Red Hats – Game Day 2:00pm Current Events 2:00pm Dynabands* Saturday, April 18, 12:30 pm SCD Bingo</p>
<p><b>20</b> 7:30am Fitness For Life* 8:15am Intermediate Yoga* 10:30am Chair Yoga* 8:30am Veterans' Services 8:45am Fitness For Life* 8:45am Walk N' Talk/Pehlke Pacers 9:00am Oil/Acrylic Painting <b>10:30am City Creek Wildlife Restoration Talk*</b> 12:30pm Duplicate Bridge 1:00pm Scrabble/Bridge/Mah Jongg/Canasta 1:00pm Beginning Balance Workshop* 2:00pm Dynabands* 3:30pm Tap Dancing 6:30pm Social Bridge</p>	<p><b>21</b> 7:30am Dynabands* 9:00am Tai Chi* 9:30am Ceramics 9:30am Book Review 10:15am Feldenkrais* 10:30am Senior Center Reads 11:30am Feldenkrais* 11:30am Red Hats lunch at Tazzina Bistro* 1:00pm Bridge/Pinochle <b>1:00pm Holocaust Remembrance Day Speaker*</b></p>	<p><b>22</b> 7:30am Fitness For Life* 8:45am Fitness For Life* 8:45am Walk N' Talk/Pehlke Pacers <b>9:00am Social Security</b> 9:00am Bones for Life* 10:00am Transitions Group 10:00am Men's Group 1:00pm Hem &amp; Haw 1:00pm Poker 1:00pm Genealogy Library Hours 2:00pm Dynabands*</p>	<p><b>23</b> 7:30am Dynabands 8:15am Intermediate Yoga* 9:00am Gallery Glass* 9:30am Memoirs* 9:30am Bridge Lessons* 10:30am Chair Yoga* 12:30pm Bingo 1:00pm Bridge Lessons* 1:30pm Breathers Support Group</p>	<p><b>24</b> 7:30am Fitness For Life* 8:45am Walk N' Talk/Pehlke Pacers 8:45am Fitness For Life* 9:30am Watercolor Painting 9:30am Memoirs* 12:15pm Video Movie 12:30pm Zumba* 1:00pm Nostalgics 1:00pm Genealogy Library Hours 2:00pm Dynabands* 2:15pm Jam Session &amp; Dance</p>
<p><b>27</b> 7:30am Fitness For Life* 8:15am Intermediate Yoga* 10:30am Chair Yoga* 8:30am Veterans' Services 8:45am Fitness For Life* 8:45am Walk N' Talk/Pehlke Pacers 9:00am Oil/Acrylic Painting 12:30pm Duplicate Bridge 1:00pm Scrabble/Bridge/Mah Jongg/Canasta 1:00pm Genealogy Club Meeting 2:00pm Dynabands* 3:30pm Tap Dancing 6:30pm Social Bridge</p>	<p><b>28</b> 7:30am Dynabands* 9:00am SCD Board Meeting 9:00 am Tai Chi* 9:30am Ceramics 10:15am Feldenkrais* 11:30am Feldenkrais* 1:00pm Bridge/Pinochle 1:30pm Parkinson's Support Group 7:00pm Internet Users Group</p>	<p><b>29</b> 7:30am Fitness For Life* 8:45am Fitness For Life* 8:45am Walk N' Talk/Pehlke Pacers 9:00am Bones for Life* 10:30am Free Fusion Belly Dance Demonstration 1:00pm Hem &amp; Haw 1:00pm Poker 1:00pm Genealogy Library Hours 2:00pm Dynabands*</p>	<p><b>30</b> 7:30am Dynabands* 8:15am Intermediate Yoga* 9:30am Memoirs* 10:30am Chair Yoga* 12:30pm Bingo 1:00pm Bridge Lessons*</p>	<p><b>Tax Assistance*</b> <b>By appointment, call 757-5696</b></p> <p><b>Mondays, 8:30 – 11:30 a.m.</b> <b>Tuesdays, 1:00 – 5:00 p.m.</b> <b>Wednesdays, 12:00 – 8:30 p.m.</b></p>

Monday	Tuesday	Wednesday Apr 1	Thursday Apr 2	Friday Apr 3
+ Vitamin C * Vitamin A Each meal includes 8 oz 1% milk		<b>April Fools Day</b> <b>Hors d'oeuvre Extravaganza</b> Sausage, Meatballs *Ribbon Sandwich *Vegetables *Fruit Juice+ *Petite Dessert Meal contains pork	*Teriyaki Chicken w/Pineapple Slices+ *Steamed Brown Rice Oriental Vegetables+ **Tapioca Pudding	*Turkey Under Wraps Turkey in a Flour Tortilla w/Spring Mix & Seasoned Spread *Creamy Cucumber Salad *Peach Gelatin+ <u>Higher Sodium Meal</u>
Monday Apr 6	Tuesday Apr 7	Wednesday Apr 8	Thursday Apr 9	Friday Apr 10
<b>Oven Fried Chicken</b> *Ranch Beans *Capri Blend Vegetables* *Buttermilk Biscuit *Fresh Fruit+	*Juice+ <b>**Hamburger w/ Bun</b> Condiments *Oven Fried Potatoes *Buttery Corn w/Bell Peppers+	*Chicken Cobb Salad Bed of Greens topped w/ Chicken, Tomatoes, Egg, Jack Cheese, Bacon w/Blue Cheese Dressing *Wheat Roll <b>**Raspberry Gelatin Whip+</b>	<b>Easter Celebration</b> *Baked Ham w/Glaze *Whipped Sweet Potatoes* *Broccoli Salad*+ Baguette <b>**Special Dessert</b>	*Fruit Juice+ <b>Lemon Pepper Fish</b> w/Tartar Sauce *Couscous Zucchini & Raisin Salad Swiss Chard* *Wheat Bread
Monday Apr 13	Tuesday Apr 14	Wednesday Apr 15	Thursday Apr 16	Friday Apr 17
*Vegetable Soup w/Beef*+ *Steamed Rice *Whole Wheat Roll *Tropical Fruit+	<b>**Pulled BBQ Chicken Sandwich</b> *Macaroni & Cheese Mixed Vegetables* *Fruit Juice+ <u>Higher Sodium Meal</u>	** <b><u>"VIVA ITALIA!" – INTERNATIONAL PARTY</u></b>	<b>**Puff Pastry Beef Bake</b> Brussel Sprouts *Apricot Barley Supreme* *Fruit Juice+	<b>Chicken Kiev</b> *Scalloped Potatoes+ *Ginger Carrots* *Rye Bread *Mixed Fruit
Monday Apr 20	Tuesday Apr 21	Wednesday Apr 22	Thursday Apr 23	Friday Apr 24
*Juice+ <b>Pepper Steak</b> w/Tomatoes & Bell Peppers+ *Basil Penne *Steamed Peas *Bread	*Spinach Salad* <b>**Baked Frittata</b> w/Potatoes, Cheese, & Egg Custard *Biscuit *Mandarin Oranges+	<b>Herb &amp; Garlic Chicken</b> *Steamed Brown Rice Calif. Vegetable Blend*+ *Whole Wheat Roll <b>**Plum Pudding</b>	*Spring Slaw*+ <b>**Ham &amp; Swiss Sandwich</b> On Wheat w/Lettuce, Tomato+ Mayo & Mustard *Fruity Gelatin+	*Chicken Taco *Black Beans Ole Chef's Blend Vegetables* *Pineapple Cup+ <u>Higher Sodium Meal</u>
Monday Apr 27	Tuesday Apr 28	Wednesday Apr 29	Thursday Apr 30	
Mystery Meal	<b>Polynesian Chicken</b> *Tropical Rice w/Mango *Key Largo Vegetable Blend* *Hawaiian Roll *Fresh Fruit+	<i>Happy Birthday</i> <b>Roast Beef</b> w/AuJus *Mashed Potatoes+ *Stewed Tomatoes *Wheat Roll, *Fruit Juice+ <b>**Birthday Cake</b>	*Juice+ *Chef Salad Crisp Greens topped w/ Turkey, Ham, Tomatoes, Egg & 1000 Island Dressing *Baguette *Macaroni Salad	<b>\$3.00 Senior Contribution</b>  <b>Mandatory charge of \$3.50 for Essential Volunteers (under 60)</b>

**Congregate Dining Sites**

Reservations/Cancellations must be made by noon the day before by calling the site:

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

**Davis Senior Center**  
646 A Street  
757-5541

**West Sac Senior Center**  
664 Cummins Way  
(916) 373-5805

**Winters Community Center**  
201 Railroad Avenue  
795-4241

**Woodland Senior Center**  
2001 East Street  
668-0974

**Knights Landing/Esparto**  
662-7035

**Elderly Nutrition Program Main Office Woodland 662-7035**