

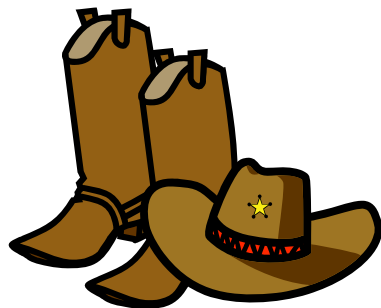


Transportation: (530) 757-4408 Office: (530) 757-5696 Travelaires: (530) 753-4159
Volume XXXVIII Number 8 Office Fax: (530) 758-0463 **August 2009**
\$10.00/Year Subscription Email: seniorservices@cityofdavis.org www.cityofdavis.org/cs/seniors/

ICE CREAM SOCIAL & VOLUNTEER PARTY

Yee haw! Put on your cowboy hats and c'mon over for our volunteer bonanza, **Thursday, August 13 at 3:00 p.m.** at the Senior Center. This western-themed volunteer celebration is for all of you who help make this center run smoothly, and whose special touches make our center such a wonderful place to visit.

You, your friends and family will be able to build your own sundae (sugar-free ice cream will also be available) with lots of toppings, while enjoying entertainment.



To reserve your spot, please call 757-5696 *no later than Friday, August 7.* Although the main emphasis is to honor those volunteers who make our center so special, this event is open to everyone. Feel free to bring your family, friends and grandchildren alike!

LEARN TO USE PUBLIC TRANSPORTATION



Ever been curious about how to use the “regular” bus system to get to the mall, the senior center, a restaurant, etc.? Mobility training can help you to use public transportation. Join us at the Senior Center on **Wednesday, August 19 at 1:30 p.m.** to learn about free mobility training.

A mobility trainer can assist you to meet your individual transit needs. They will help you learn how to safely travel by bus, accompanying you on the bus to reach your desired destination in Davis, Woodland or Sacramento and other locations.

Sign up by calling 757-5696.

The MPR will be closed for floor maintenance **Monday, August 31 to Friday, September 4.**

Lunch will move to the Valente Room. Programs in the Valente Room and MPR have been cancelled for the week.

The Senior Center and lunch program will be closed on **Monday, September 7** for the Labor Day holiday.

SENIOR CITIZENS OF DAVIS Building for a Better Tomorrow

DON'T FORGET SCD's HAWAIIAN "LU-WOW" PARTY! TUESDAY, AUGUST 4 AT 11:30 A.M.

Ticket deadline July 31.

SUNSHINE LADY

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

Get well cards to Harry Colvin, Maxine Wilson, Dorothy & Richard Morrissey, Frances Dawson and Millicent Watkins

Thinking of You cards to Jeanette Gonzales and Onida Norman.

Sympathy card to Donna Purdum on death of husband Gordon, family of Dona Brandon.

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.

ELDERLY NUTRITION PROGRAM BENEFIT LUNCHEON, TUESDAY, SEPTEMBER 8

This is the third of four benefit luncheons. The first two enabled SCD to donate a total of \$1,695 to support this vital program, providing meals to older adults at the Senior Center and through meals on wheels. Cost is \$10 per person, and additional donations are always welcome – all funds go to the Elderly Nutrition Program. There will be entertainment, but not yet confirmed.

The luncheon menu will again be great and consist of: Mediterranean chicken with wine sauce, Spanish potatoes with tomato base, summer squash, Greek salad, fruit salad and roll. Plus the regular SCD chips, dip, punch and birthday cake.

Reservations are required and must be made by September 2, because of the Labor Day weekend.

NUGGET MARKET – OUR HERO!

For 16 years, Nugget Market offered a simple fundraising program for community organizations called the Friendship Club. Over that time, Senior Citizens of Davis received about \$35,000 (!) from the Nugget receipts turned in for

the Friendship Club. We can't thank Nugget enough for their unfailing support for senior programs and services.

A "scrip" program has replaced the old system of submitting receipts. Now, we ask you to help us maintain our fundraising effort, despite having to make a change in your normal Nugget payment routine. It's really very simple. There's a short form to fill out, available at the Senior Center or at any Nugget Market at the check out stand. The form allows you to name the charity – in this case, SCD - that will benefit from your purchase. You only have to fill it out once, as long as you hold on to your scrip card. You can "pre-load" your scrip card with as much money as you choose, paying with cash, credit card or ATM card. Let's say you pre-load it with \$100. When you make your first purchase of \$25, you simply swipe your scrip card, and \$25 will automatically be deducted. Your receipt will show how much you spent and how much remains on the card; in this case \$75 would remain for you to spend on future Nugget purchases.

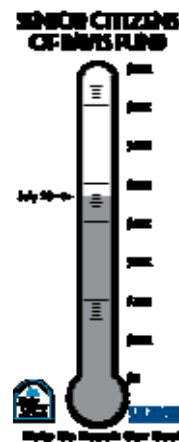
Nugget is donating 3% of scrip purchases to SCD. That can be substantial if you, your friends and family get on board and use a scrip card. These cards are much like gift cards or cards that many people use at coffee shops. Pre-loading them will actually save you time!

If you have questions, or want to pick up a scrip card & application, drop by the Senior Center.

NURSING SCHOLARSHIP FUND DONATIONS

With the establishment of its \$40,000 Betty Irene Moore School of Nursing Scholarship in March, a goal of \$80,000 was set for December 31, 2009. With donations from SCD members our current fund total is \$45,687.

Our expectations are high and we are thankful for your support. Please direct your questions regarding the fund to Wes Penny, SCD President, by calling 530-668-7343.



FRIENDSHIP CAFÉ & ELDERLY NUTRITION PROGRAM

Cecilia Plascencia, Site Manager
Office Hours: M-F 9:00 a.m.-1:00 p.m.
(530) 757-5541

MEAL HIGHLIGHTS

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

Friday, August 14 - Greek pita pocket with feta, olives, tomatoes and more. Pasta salad and tropical fruit.

Wednesday, August 19 - Build your own potato bar with all the fixings, broccoli, dinner roll and seasonal fresh fruit.

Wednesday, August 26 - "Happy Birthday" Enjoy cobb salad with chicken, bacon, tomatoes, and artichoke hearts on mixed lettuce, wheat crackers, fruit juice and special dessert.

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

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



VOLUNTEER CORNER

FRIENDS OF ADULT DAY HEALTH CARE

We are looking for new Board members! We focus on fundraising, event planning and other fun projects that benefit the Yolo Adult Day Health Center--now in its 25th year of providing rehabilitative and socialization services to Yolo County's frail elderly and disabled adults. To learn how you can become a part of this rewarding group, contact Dawn (530) 666-8828 or YADHC@dcn.org.

MOVIES

Showtime is **12:15 on Fridays**. Join us!

August 7 - Strangers In Good Company (1990) 1 hour 41 minutes - A bus breaks down in the wilderness, stranding eight elderly women. The crisis turns into a magical time of humor and spirit.

August 14 - Marley and Me (2008) 1 hour and 55 minutes - In an attempt to stall his new wife's "biological clock," a husband gives her an energetic puppy named Marley, maybe the world's most impulsive dog.

August 21 - Prefontaine (1997) 1 hour 46 minutes The life and times of Steve Prefontaine, an Olympic runner from Oregon who became one of the biggest, yet most tragic sport stars in America.

August 28 - Romancing the Stone (1984) 1 hour and 45 minutes - Michael Douglas and Kathleen Turner romp through the jungles of South America.

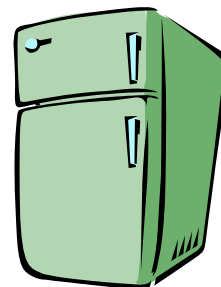
INFORMATION & ASSISTANCE

LOWER YOUR ENERGY COSTS

The federal Home Energy Assistance Program (HEAP) has money to help qualifying Yolo County residents replace energy-guzzling appliances. HEAP can also make a once-annual payment to lower utility bills. This is federal money that must be expended by November 2009.

HEAP's weatherization program will assess your home and its appliances. If needed, the program can replace (at no cost to you!) insulation, light fixtures, refrigerators, stoves, microwaves, air conditioners/coolers. HEAP also can install weather stripping, solar shades, duct tape, etc.

If your energy bill exceeds 5% of your income, you might be entitled to an assistance payment that will lower your utility bill. To qualify, income for a one-person household cannot exceed



\$22,062, income for a two-person household cannot exceed \$28,850.

Learn more about the HEAP program at a presentation on **Tuesday, August 11 at 10:30 a.m.** at the Senior Center.

HEAP applications are available now at the Senior Center. If you need help completing the form, call Lisa at 757-5696.

“GRANDMA IT’S ME” SCAM

A Davis senior was a recent victim of this scam, costing her thousands of dollars. The “Emergency Scam,” also called the “Grandparent Scam,” takes advantage of your concern for your grandchildren. Don’t fall for it!

The typical scenario for this fraud is a grandparent receives a phone call from a con artist claiming to be one of his or her grandchildren. The caller says they are in some kind of trouble – usually a car accident, trying to return from a foreign country, or they need funds to pay bail – and need money immediately. The caller specifically asks the victim to not contact other relatives because the caller doesn’t want to “get in trouble” with other family members. Wanting to help their grandchild, the victim sends money electronically, usually through a form of money transfer.

Protect yourself from fraud! Resist the pressure to “act now.” Don’t panic. Know with whom you are dealing. Ask for his or her name and location, and confirm them for yourself or request help from someone you can trust. Contact your local police to help you or verify the legitimacy of such phone calls. Be wary of unsolicited emails, phone calls or mail attempting to extract money from you or asking you to transfer money electronically urgently.

CELL PHONE HELP

Do you need help with your cell phone? We will have a tutor available Tuesday mornings by appointment. Call the Center at 757-5696.



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.

Dynabands **Continuing through Aug 27**
(T, Th 2:30-3:30 p.m.) \$10 res/\$16/\$22non-res

Dynabands **Continuing through Aug 28**
(MWF, 2-3:00 p.m.) \$12/res/\$18/\$24non-res

Fitness for Life – Adv. **Aug 3 - 28**
(MWF, 7:30-8:30 a.m.) \$46 res/\$52/\$58 non-res

Fitness for Life – Beg. **Aug 3 - 28**
(MWF, 8:45-9:45 a.m.) \$46 res/\$52/\$58 non-res

Fusion Belly Dance **Aug 5 – 26**
(W, 10:30-11:30 a.m.) \$16 res/\$22/\$28 non-res

Line Dance **Aug 5 – 26**
(W, 3:30-4:30 p.m.) \$16 res/\$22/\$28non-res

Tai Chi/Chi Gung **Aug 4 – 25**
(T, 9:00-10:00 a.m.) \$20 res/\$26/\$32 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 – Chair **July 27 – Aug 20**
(M,Th, 10:30-11:30 a.m.) \$42 res/\$48/\$54 non-res

Zumba - **Aug 7 – 28**
(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.

MISCELLANEOUS

GLOBAL LAUGHTER CLUB



Why laugh? Laughter reduces stress, lowers your blood pressure, boosts immunity, eases physical pain and promotes happiness. A new group called The Global Laughter Club has started meeting at the Senior Center every **Wednesday at 10:15 a.m.** This club will help you build energy and relieve stress

by laughing, playing like children, and using breathing techniques. Join instructor, Donna Arliene, for this simple, easy class. Come and participate or just observe. Please sign up at the front desk to be part of this free club, 757-5696.

AARP DRIVERS SAFETY RENEWAL CLASS

The 2-day AARP Driver Safety Class will be offered at the Senior Center on **Wednesday and Thursday, September 23 and 24, 12:30-4:30 p.m.** 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.

SPELLING BEE

The Senior Center is hosting a Senior Spelling Bee on **Tuesday, September 22 at 1:00 p.m.** This is an opportunity for persons 50 years and over of all levels to test their spelling skills in a comfortable, fun-filled setting. Please sign up at the front desk by stopping by or calling 757-5696. Contestants must register by Tuesday, September 15, limited to 30 contestants. Enjoy cookies and coffee while cheering for participants or be a competitor.



ADVENTURE AND SENIOR CAMP TRAVELERS

If you have signed up for Adventure Camp or Senior Camp with the City of Sacramento and need transportation from the Senior Center please let us know. Transportation for Adventure Camp is \$20. Senior Camp transportation is \$15. Your checks should be made payable to the City of Davis. We need your information and payment by August 7 so

we can make arrangements for the needed van. Call at 757-5696 or stop by the front desk.

COLLECTORS WANTED

For those of you who walk the halls of the Davis Senior Center, you've probably noticed our wonderful display cabinet. If you have a hobby or collection that you would like to display in our secure cabinets, please call Alisa at 757-5696. Remember, ideas are always welcome as well!

UNIVERSITY RETIREMENT COMMUNITY BAZAAR 2009

The annual Bizarre Bazaar will be held on **Saturday, September 19, 8:00 a.m. – 4:00 p.m.** at 1515 Shasta Drive. All proceeds benefit the non-profit URC Foundation.

ARTS & CRAFTS

CERAMICS

The group 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.

CRAFT CLASS

On **Thursday, August 6, 9:00 - 11:00 a.m.** Sandy Gray-Fitzpatrick will teach her craft class how to do *Iris folding*. No experience is needed. The registration fee for each class is \$8, and a separate supply fee is due to the instructor at the time each of class.

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

ONE-STROKE PAINTING

Instructor Sandra Gray-Fitzpatrick will teach classes on **Thursday mornings, August 13 & 20, 9:00 - 11:30 a.m.** Classes are \$8 each for residents with additional fees for materials payable to the instructor on the first day. For information, contact the Senior Center. Pre-registration is required.

GALLERY GLASS

On **Thursday, August 27, 9:00 - 11:00 a.m.** Sandy Gray-Fitzpatrick will teach her gallery glass class. No experience is needed. The registration fee for each class is \$8, and a separate

supply fee is due to the instructor at the time of each class.

OIL & ACRYLIC PAINTING: OPEN ART STUDIO

The Oil & Acrylics group continues to meet during the summer on Monday mornings in the Valente Room. All painters are welcome to join us.

WATERCOLOR PAINTING

Are you in the mood to paint flowers, a landscape, a seascape or an abstract form? What about just moving watercolor paints around on paper to see what happens. It is all possible on Friday morning at the Senior Center. Watercolor painters gather without an instructor to paint and enjoy the social environment. The room is available 9:30 - 11:30 a.m. Bring watercolor paper, brushes, a container for water and paint. All are welcome.

HEM & HAW

After the lobby renovation the Hem & Haw items have been relocated to the glass cabinets in the hallway. If there is anything there that you would like to look at or purchase please ask at the front desk or at the greeters desk.

As usual our group still meets on **Wednesday** afternoons from **1:00 - 3:00 p.m.** Any one who loves to knit, crochet or stitch is always welcome to join us.

PROJECT LINUS

The quilt made from the 2008 Yolo County Fair Quilt-Block Contest will be raffled off on August 23 at the 2009 fair. Raffle tickets at \$1 each or 6 for \$5 are being sold to benefit Project Linus. Tickets are available from Carol Sublett at 758-1367 or Beehive Quilts at 669-6676 or 612 Main Street, Woodland or Ann Shannon at 753-9397.

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, August 15 from 12:30 - 3:00 p.m.** Snacks are provided. The cost is 25¢ per card for two games.

LBGTea GROUP

Creating community for gays and lesbians 50+ meets on first and third **Thursdays, August 6 and 20 at 3:30 p.m.**

CURRENT EVENTS DISCUSSION GROUP

The discussion group will meet on **Friday, August 7 & 21 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

Although our regular monthly meetings are suspended for the months of July and August, our library remains open to the public on Wednesdays and Fridays from 1:00 to 4:00 p.m. Volunteers are available during these hours to help with questions. Not only is our library very well stocked with genealogy-related books, but it is air conditioned—another very good reason to come over for a visit on one of these hot August days!

Our discussion group, a more casual gathering of members and guests, will meet in August with the date and time to be arranged. We are exploring field trip options to a local area of genealogical interest. When plans are finalized, we will put it on our website (see below) and send out an announcement to our members. Guests are most welcome and encouraged to come to our meetings!

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

INTERNET USERS GROUP

The Internet Users meet monthly on the fourth Tuesdays from **7:00 - 8:30 p.m.**, in the Activity Room. On **Tuesday, August 25** our discussion will be "Email: How to be Effective and Efficient." We find that although most people now use email they are often unaware of the various ways to organize or filter their mail or how to handle phishing and avoid viruses. We'll talk about email in general and may refer to Web Mail, Gmail, Hotmail, Mail, Thunderbird, Outlook, etc. as needed.

All are welcome. For more information: Anne Hance rahance@dcn.org or Lois Richter 530-758-5058.

MAC USERS GROUP

This group will be meeting on **Tuesday, August 11, 6:30 - 8:30 p.m.** For more information, call Eric Thompson at 758-3098.

DANCE & JAM SESSIONS

All are invited to come listen and dance to big band music by our very own band, "Music From the Back Room." We will meet on **Fridays, August 14 and 28 at 2:00 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, August 21, 1:00 - 3:00 p.m.** All you need is to bring a treat to share, and a willingness to giggle, laugh & truly have some fun!

RED HAT SOCIETY LUNCHEON**DSC ROCKERS**

Join our Red Hat Society group at "House of Chang"

Cowell & Pole Line (menu on bulletin board)

Tuesday, August 25 at 11:30 a.m.

RSVP: Joyce at 758-4757 no later than Aug. 24.

DAVIS STAMP CLUB

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

TRANSIT INFORMATION**DAVIS COMMUNITY TRANSIT**

This month we say goodbye to driver Meagan Mendoza. We wish her well and thank her for her service to DCT and our customers. Check page one for information about our upcoming mobility training for Yolobus and Unitrans.

Questions can be directed to Diana Bergstrand, paratransit coordinator, at 757-4421.

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, August 19 at 10:00 a.m.

BREATHERS SUPPORT GROUP – Thursday, August 27 at 1:30 p.m.

MEN'S GROUP – Wednesday, August 26 at 10:00 a.m.

PARKINSON'S SUPPORT GROUP - Cancelled for August.

PROSTATE CANCER SUPPORT GROUP– On Monday, August 10 at 6:30 p.m., Bill Doss, Chairman of the "Man-to-Man" group will be the visiting speaker. He brings a wide range of experiences working with men who have had various treatments. He will speak about the treatments and their side effects. For information, please call 530-756-9153 or 758-8322.

TRANSITIONS GROUP -Wednesday, August 12 & 26 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.

THE GIFT OF GIVING

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

Duplicate Bridge – Monday	\$ 81
Handy Helpers	\$ 50
Hem & Haw (SCD)	\$ 63
Information & Assistance	\$ 34
Medical Equipment Donations	\$224
Miscellaneous	\$ 38
Monday Social Bridge	\$ 55
Tuesday Pinochle	\$ 14
Total	\$559

HELPING OTHERS

We collect the following items in the front lobby of 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).

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** - Free checks by American Medical Response (AMR) monthly on the **second Tuesday, 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** - Available at the front desk for a \$1 donation. You can also find the Guide on the internet at www.cityofdavis.org/cs/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 attorneys Bill Kopper and Marian Cantor are available for brief 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 \$25,400 for an individual or \$29,050 for a couple. For more information, please contact the office, 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, August 10 and 17, 8:30 - 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. 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 csw@cityofdavis.org.

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

August 6 – The Rooftop Garden – San Francisco's Museum of Modern Art's space for large-scale sculptures features a combination of well-known, rarely seen, and recently acquired works from the Museum's collection. Also on exhibit are two of America's best known artists, Georgia O'Keeffe and Ansel Adams. Audio tour included. \$60.

August 20 – Bridges of the Bay – Wait list.

August 24 or 26 – September 4 – Denver to the Dakotas – Wait list.

September 18 – Secrets of the Presidio – Wait list.

September 23 – South Pacific – Lincoln Center Theater presents a new production of Rogers and Hammerstein's prize-winning musical classic set on a tropical island during World War II. Presented at San Francisco's Golden Gate Theatre. Hosted lunch at Capp's Restaurant. \$160.

October 1 – Apple Hill – A yearly favorite! Guided tour of Apple Hill ranches, hosted BBQ chicken lunch with apple pie and ice cream. Free time at High Hill ranch to shop for apples and pies to take home. \$56.

October 12 – 14 – Central Coastal Retreat – Wait list.

November 12 – Sand Hill Cranes - Depart Davis at 10:30 a.m. for a delicious lunch at Lodi Feed and Fuel. The restaurant, originally owned by a Hollywood Graphic artist, is filled with movie memorabilia and has had a long history in Lodi. Then visit the Haggin Museum in Stockton which, according to Sunset Magazine, is one of the "unsung gems in California." In late afternoon, a

docent-led tour presents the cranes in their reserve habitat. See these amazing birds with a five-foot wing span as they fly in to bed for the night. \$97.

November 19 – Palace Hotel and SF MOMA – The historic and beautiful Garden Court of the Palace Hotel for lunch and then the San Francisco Museum of Modern Art. On exhibit will be the photography of Richard Avedon. Whether photographing politicians, artists, writers, fashion models or movie stars Richard Avedon revolutionized the world of photography. \$115.

December 2 – Poinsettia Farm – Duarte's Poinsettia Farm and lunch at Hazel's in Modesto. \$79.

December 15 – Roseville Galleria shopping \$30.

December 24 – 26 – Christmas in Yosemite - \$850 pp dbl., ss add \$270.

January 12, 2010 – King Tut exhibit at the deYoung - \$92.

January 20 – Skylark, A Tribute to Johnny Mercer – One of America's finest lyricists, Johnny Mercer was a respected solo artist and a multiple Oscar winner collaborating with noted composers Hoagy Carmichael, Jerome Kern and Henry Mancini. Commissioned by the Savannah Musical Festival, as a tribute to her native son, "Skylark," highlights Mercer's hits such as "Skylark," "Old Black Magic," "Moon River" and "Autumn Leaves." Lunch at Café Mason. \$105.

February 17 & 18 – Snow Train – Treat yourself to a winter holiday! Ride the Amtrak train thru the snow-capped Sierra to Reno. Overnight at the Silver Legacy, \$5 cash and \$3 food coupon. Enjoy the evening at leisure. Next day 4-hour stop at the Nugget with \$8 cash and \$2 food coupon. Note: All proceeds benefit Davis Senior Center. \$160 pp dbl.

Save the Dates:

April 12 – A spring day at Eleven Roses Ranch

April 21 – 26 Branson

Davis Senior Center Activities – August 2009

Monday	Tuesday	Wednesday	Thursday	Friday
3 7:30am Fitness For Life* & 8:45 am (MP2) 10:30am Chair Yoga*(A) 8:45am Walk N' Talk/Pehlke Pacers (Ly) 9:00am Oil/Acrylic Painting (V) 12:30pm Duplicate Bridge (MP1) 1:00pm Genealogy 1:00pm Scrabble/Bridge/Mah Jongg/Canasta (G) 2:00pm Dynabands* (MP2) 3:30pm Tap Dancing (V) 6:00pm Social Bridge (G)	4 9:00am Ceramics (V) 9:00am Tai Chi (A) 11:00am SCD "LU-WOW"/Business Mtg. (MPR) 1:00pm Bridge/Pinochle (Lg) 2:30pm Dynabands * (MP2) 7:00pm Stamp Club (G)	5 7:30am Fitness For Life* & 8:45 am (MP2) 8:45am Walk N' Talk/Pehlke Pacers (Ly) 9:00am Peer Counselors Meeting (V) 10:15am Laughter Club* (G) 10:30am Fusion Belly Dance*(MP2) 1:00pm Hem & Haw (A) 1:00pm Linus Project(V) 1:00pm Poker (Lg) 1:00-4:00pm Genealogy Library Hours (Lib) 2:00pm Dynabands* (MP2) 3:30pm Line Dance* (MP2)	6 9:00am Craft Class* (V) 9:30am Memoirs* (MP2) 9:30am Bridge Lessons* (G) 10:30am Chair Yoga* (A) 12:30pm Bingo (V) 1:00pm Bridge* (G) 2:30pm Dynabands * (MP2) 3:30pm LGBTea (G)	7 7:30am Fitness For Life* & 8:45 am (MP2) 8:45am Walk N' Talk/Pehlke Pacers (Ly) 9:30am Watercolor Painting (V) 12:15pm Video Movie(G) 12:30pm Zumba* (MP2) 1:00pm Nostalgics (MP1) 1:00-4:00pm Genealogy Library Hours (Lib) 2:00pm Current Events (A) 2:00pm Dynabands (MP2)
10 7:30am Fitness For Life* & 8:45 am (MP2) 10:30am Chair Yoga*(A) 8:30am Veterans Services 8:45am Walk N' Talk/Pehlke Pacers (Ly) 9:00am Oil/Acrylic Painting (V) 12:30pm Duplicate Bridge (MP1) 1:00pm Genealogy 1:00pm Scrabble/Bridge/Mah Jongg/Canasta (G) 2:00pm Dynabands* (MP2) 2:00pm Legal Assistance* 3:30pm Tap Dancing (V) 6:00pm Social Bridge (G) 6:30pm Prostate Cancer Support Group	11 9:00am Ceramics(V) 9:00am Tai Chi* (MP2) 10:30am Blood Pressure Check (MP1) 10:30am HEAP Presentation for Saving Money with Energy Bills* (A) 1:00pm Bridge/Pinochle (Lg) 2:30pm Dynabands * (MP2) 6:30pm Mac Users Group (A)	12 7:30am Fitness For Life* & 8:45 am (MP2) 8:45am Walk N' Talk/Pehlke Pacers (Ly) 10:00am Transitions Group (Lib) 10:15am Laughter Club* (G) 10:30am Fusion Belly Dance*(MP2) 1:00pm Hem & Haw (A) 1:00pm Poker (Lg) 1-4:00pm Genealogy Library Hours (Lib) 2:00pm Dynabands* (MP2) 3:30pm Line Dance* (MP2)	13 9:00am One-Stroke Painting* (V) 9:30am Memoirs* (MP2) 10:30am Chair Yoga* (A) 12:30pm Bingo (V) 2:30pm Dynabands * (MP2) 3:00pm Ice Cream Social & Volunteer Party* (MP1)	14 7:30am Fitness For Life* & 8:45 am (MP2) 8:45am Walk N' Talk/Pehlke Pacers (Ly) 9:30am Watercolor Painting (V) 12:15pm Video Movie(G) 12:30pm Zumba* (MP2) 1:00pm Nostalgics (MP1) 1:00-4:00pm Genealogy Library Hours (Lib) 2:00pm Dynabands* (MP2) 2:15pm Jam Session & Dance
17 7:30am Fitness For Life* & 8:45 am (MP2) 10:30am Chair Yoga* (A) 8:45am Walk N' Talk/Pehlke Pacers (Ly) 9:00am Oil/Acrylic Painting (V) 12:30pm Duplicate Bridge (MP1) 1:00pm Genealogy 1:00pm Scrabble/Bridge/Mah Jongg/Canasta (G) 2:00pm Dynabands* (MP2) 3:30pm Tap Dancing (V) 6:00pm Social Bridge (G)	18 9:00am Ceramics(V) 9:00am Tai Chi* (MP2) 1:00pm Bridge/Pinochle(Lg) 2:30pm Dynabands * (MP2)	19 7:30am Fitness For Life* & 8:45 am (MP2) 8:45am Walk N' Talk/Pehlke Pacers (Ly) 10:00am Alzheimer's Support Group (Lib) 10:15am Laughter Club* (G) 10:30am Fusion Belly Dance*(MP2) 11:00am Food Distribution (MP2) 1:00pm Hem & Haw (A) 1:00pm Poker (Lg) 1:00-4:00pm Genealogy Library Hours (Lib) 1:30pm Learn to Use Public Transportation* (G) 2:00pm Dynabands* (MP2) 3:30pm Line Dance*	20 9:00am HICAP Appts* 9:00am One-Stroke Painting* (V) 9:30am Memoirs* (MP2) 10:30am Chair Yoga* (A) 12:30pm Bingo (V) 2:30pm Dynabands * (MP2) 3:30pm LGBTea (G)	21 7:30am Fitness For Life* & 8:45 am (MP2) 8:45am Walk N' Talk/Pehlke Pacers (Ly) 9:30am Watercolor Painting (V) 12:15pm Video Movie(G) 12:30pm Zumba* (MP2) 1:00pm Nostalgics (MP1) 1:00-4:00pm Genealogy Library Hours (Lib) 1:00pm Red Hats – Game Day (V) 2:00pm Current Events (A) 2:00pm Dynabands (MP2)
24 7:30am Fitness For Life* & 8:45 am (MP2) 8:45am Walk N' Talk/Pehlke Pacers (Ly) 9:00am Oil/Acrylic Painting (V) 12:30pm Duplicate Bridge (MP1) 1:00pm Scrabble/Bridge/Mah Jongg/Canasta (G) 2:00pm Dynabands* (MP2) 3:30pm Tap Dancing (V) 6:00pm Social Bridge (G)	25 9:00am Ceramics(V) 9:00am Tai Chi* (MP2) 1:00pm Bridge/Pinochle (Lg) 2:30pm Dynabands * (MP2) 7:00pm Internet Users Group (A)	26 7:30am Fitness For Life* & 8:45 am (MP2) 8:45am Walk N' Talk/Pehlke Pacers (Ly) 10:00am Men's Group (A) 10:00am Transitions Group (Lib) 10:15am Laughter Club* (G) 10:30am Fusion Belly Dance*(MP2) 1:00pm Hem & Haw (A) 1:00pm Poker (Lg) 1:00-4:00pm Genealogy Library Hours (Lib) 2:00pm Dynabands* (MP2) 3:30pm Line Dance* (MP2)	27 9:00am Gallery Glass painting*(V) 9:30am Memoirs* (MP2) 12:30pm Bingo(V) 1:30pm Breathers Support Group (G) 2:30pm Dynabands * (MP2)	28 7:30am Fitness For Life* & 8:45 am (MP2) 8:45am Walk N' Talk/Pehlke Pacers (Ly) 9:30am Watercolor Painting (V) 12:15pm Video Movie(G) 12:30pm Zumba* (MP2) 1:00pm Nostalgics (MP1) 1:00-4:00pm Genealogy Library Hours (Lib) 2:00pm Dynabands* (MP2) 2:15pm Jam Session & Dance (MP1)
31 8:45am Walk N' Talk/Pehlke Pacers (Ly) 9:00am Oil/Acrylic Painting (V) 12:30pm Duplicate Bridge (MP1) 1:00pm Scrabble/Bridge/Mah Jongg/Canasta (G) 3:30pm Tap Dancing (V) 6:00pm Social Bridge (G)		Room Key Multi Purpose Room East – MP2 Multi Purpose Room West – MP1 Game Room – G Library - Lib Activity Room – A Valente Room – V Lobby - Ly Lounge - Lg	Transportation Services 757-4408 Senior Center Offices 757-5696	* Indicates need to register in advance, and/or by appointment Please call 757-5696

August 2009

Monday August 3	Tuesday August 4	Wednesday August 5	Thursday August 6	Friday August 7
Lemon Herb Fish AuGratin Potatoes+ Stewed Tomatoes+ Whole Wheat Roll Fruit Juice+	SCD HAWAIIAN "LU-WOW" No ENP Meal Today MOW Delivery Only	Country Fried Steak w/Gravy Mashed Potatoes+ Chef's Blend Vegetables* Whole Wheat Bread Fruit Juice+	Apple Cider Chicken Baked Beans Broccoli+ Cornbread Apricot Halves*	Antipasto Salad w/Ham & Orzo Savory Carrot Slaw* Whole Wheat Roll Raspberry Gelatin Whip+
Monday August 10	Tuesday August 11	Wednesday August 12	Thursday August 13	Friday August 14
Basil Turkey Burger w/Pesto on a Wheat Bun O'Brien Potatoes+ Corn off the Cob Fresh Fruit+	Spaghetti & Meatballs Tossed Garden Salad*+ Garlic Bread Pears	Stuffed Tomato w/Tuna on Fresh Greens Potato Salad* Whole Wheat Crackers Citrus Gelatin w/Fruit+	Fruit Juice+ Acapulco Chicken Served over Vegetable Stir Fry* Brown Rice Pilaf Mango* & Jicama Salad	Greek Pita Pocket w/Feta, Olives, Tomatoes & More! Pasta Salad Tropical Fruit+
Monday August 17	Tuesday August 18	Wednesday August 19	Thursday August 20	Friday August 21
Polish Dog w/Bun Sauerkraut Mixed Vegetables* Fruit Juice+ Higher Sodium Meal	Turkey Sandwich On Whole Wheat Bread w/Lettuce & Pickle Cucumber Mousse Ambrosia+	Build Your Own Potato Bar With all the Fixings Broccoli+* Dinner Roll Seasonal Fresh Fruit+	* Seafood Salad served on Bed of Greens w/Tomato, Carrots* & Lemon Wedge *Chilled Rice *Wheat Crackers **Sunset Gelatin Salad+*	Fruit Juice+ Finger Licking BBQ Chicken Cowboy Beans Corn, Avocado & Tomato Salad Buttermilk Biscuit
Monday August 24	Tuesday August 25	Wednesday August 26	Thursday August 27	Friday August 28
Spinach Mushroom Quiche Oven Fried Potatoes+ Whole Wheat Bread Yogurt & Berries+	Pork Chop w/Pineapple Baked Barley w/Thyme California Blend Vegetables*+ Cinnamon Applesauce	Happy Birthday Cobb Salad w/Chicken, Bacon, Tomatoes, Artichoke Hearts on Mixed Lettuce Wheat Crackers Fruit Juice+ Special Dessert	Meatloaf with a Twist Garlic Whipped Potatoes+ Peas & Carrots* Whole Wheat Roll Melon Medley+	Couscous Salad w/Turkey, Carrots, Toasted Nuts on Bed of Romaine Lettuce* Baguette Mandarin & Cherry Gelatin+
Monday August 31				
Oven Fried Fish Brown Rice Mix Capri Blend Vegetables+ Wheat Roll Fresh Fruit+			+ Vitamin C *Vitamin A Each meal includes 8 oz 1% milk	\$3.00 Senior Contribution Mandatory charge of \$3.50 for Essential Volunteers (under 60)

Congregate Dining Sites

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

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
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Elderly Nutrition Program Main Office Woodland 662-7035

Please see reverse side for information about the "*" symbols used on this menu.

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