

Senior Scene



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www.cityofdavis.org/cs/seniors/

LEGAL ANSWERS

Join us for a free workshop on **Friday, January 16 at 10:00 a.m.** presented by elderlaw attorney, Mark Hyjek. He'll present "A Guide Through the Legal and Financial Maze," aimed at planning for our loved ones and ourselves as we meet the challenge of growing older and facing the possibility of incapacity.



Subjects to be covered include: durable powers of attorney, conservatorships, wills and trusts, estate planning, Medi-Cal and long-term care insurance.

To register, please contact Del Oro Caregiver Resource Center at 916-971-0893. The workshop is co-sponsored by Del Oro, the Davis Senior Center and the Alzheimer's Association.

TALKS ON REDUCING CLUTTER AND WHEN TO MOVE

Lisa Smith-Youngs of Eskaton will be here on **Wednesday, January 28** for two special presentations. At **10:30 a.m.** she will present "What Do I Do With All This Stuff," a class that will help you begin the daunting task of organizing years of paperwork and belongings and also sorting and disposing of clutter to get you off to a fresh start for the new year. There will be a break at 11:30 a.m.

At **12:30 p.m.** Lisa will present "Knowing When to Move," an insiders' guide to senior housing and the pros and cons of downsizing. Whether you are considering a move yourself or helping an older adult make their choice, this class will provide insight into all the variables involved.

Please pre-register for one or both of these free workshops by calling 757-5696.

HOLIDAY CLOSURE SCHEDULE

Senior Center & ENP programs will be closed **Monday, January 19** for the Martin Luther King, Jr. Holiday.

SENIOR CITIZENS OF DAVIS Building for a Better Tomorrow

SENIOR OF THE YEAR TO BE NAMED JAN. 6

SCD will honor one of its own as "Senior of the Year" at its **Tuesday, January 6** luncheon and will install new members to the Board of Directors:

Betty Iams – Vice President

Cristina Vargas – Program Coordinator

Lunch, catered by Palm Gardens, features beef stroganoff; noodles; steamed vegetables; spinach and fruit salad; and rolls. Plus the regular chips, dips, punch and birthday cake. Sign up now. Cost is \$8 for members and \$10 for non-members.

Look for the flier insert in your February Senior Scene about SCD's four Elderly Nutrition Benefit Luncheons in 2009 AND sign up early for our first luncheon on **Tuesday, February 3** at 11:30 a.m.

SUNSHINE LADY

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

Get well cards to Cristina Vargas, Pat Kasprovicz, Dr. Herbert Bauer, George Hinkle, Barbara Thomas, Margo Dolan, Lois Serrano, Robert Vyvlecka.

Thinking of You cards to Rush Darigan, Mary Jo Mathis, and Dr. Herbert Bauer.

Sympathy card to Ann Luscutoff for death of her husband Alex, and to Carol Holdstock for the death of her mother, Genevieve Garrison. Also a card to the family of Gennie Garrison.

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

2008 Board of Directors

President -	Wes Penny
Vice President -	Betty Iams
Secretary -	Liz Fisher
Treasurer -	Carol Harting
Program Coordinator -	Cristina Vargas
Membership Services -	Barbara Hager
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SCD MEMBERSHIP RENEWAL 2009

The November issue of the Senior Scene, included a renewal application form for 2009. You should complete the renewal application then mail or bring the completed application and your renewal check (made out to SCD) to the senior center. Remove the membership card from the application, sign it and carry it with you, especially when coming to the senior center. (Your membership card is valid only upon return of your membership form and payment of dues.) Your membership entitles you to discounts for many SCD events.

THE GIFT OF GIVING

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

AARP	\$322
Computer Tutoring	\$ 6
Duplicate Bridge – Monday	\$ 71
Genealogy Club	\$300
Handy Helpers	\$ 35
Hem & Haw (SCD)	\$280
Information & Assistance	\$ 4
Medical Equipment Donations	\$ 48
Miscellaneous	\$170
Pehlke Pacers	\$600
Social Bridge	\$ 50
Tap Dancers	\$ 40
Tues. Pinochle	\$ 12
Total	\$1963

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

TRANSIT INFORMATION

DAVIS COMMUNITY TRANSIT

Happy 2009!! We hope everyone enjoyed a happy and healthy holiday season! Effective December 1, 2008 we are no longer transporting general public customers. If you have been riding our service as a general public customer please feel free to call our office at 757-4408 for an ADA application if you feel you may qualify as a disabled rider. Please be reminded we do not expect you to wait outside for the bus in cold or rainy weather.



FRIENDSHIP CAFÉ & NUTRITION EDUCATION

MEAL HIGHLIGHTS

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



Monday, January 26 “Mystery Meal.”
Wednesday, January 28 is “Happy Birthday.” Come try our roast turkey with gravy, dressing, baked sweet potatoes, juice and birthday cake.

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

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*

MOVIES

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

January 9 – My Fair Lady – 1964 musical starring Rex Harrison and Audrey Hepburn.

January 16 - Pursuit of Happyness - A struggling salesman (Will Smith) takes custody of his son as he's poised to begin a life-changing professional endeavor.

January 23 – Oklahoma – Gordon MacCrae, Rod Steiger and Shirley Jones starred in this 1955 musical.

January 30 – The Day the Earth Stood Still – A robot and a man hold the world spellbound with new and startling powers from another planet!

INFORMATION & ASSISTANCE

FRAUD, SCAMS & PERSONAL SAFETY

On **Thursday, January 29, from 10:30 a.m. to noon**, drop by and learn how to protect yourself from fraud. Dave Edwards, Enforcement Officer with the Yolo County District Attorney Elder Protection Unit, will staff a table with lots of good information on scams including identity theft, telephone, mail, medical and fake checks. Since fraud schemes are ever evolving, continuing education is essential to reduce your chance of becoming a victim. Fortunately, awareness is a very effective tool in combating these types of crime. Stop by and learn how to recognize and avoid these scams.

SOCIAL SECURITY SERVICES

A representative from the West Sacramento Social Security office will be at the Senior Center on **Wednesday, January 28 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.

TAX AID STARTS IN FEBRUARY

Trained tax aid volunteers will be available beginning next month to assist with income tax preparation for low- and moderate-income individuals. Check the February Senior Scene for dates and times.

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).

HEALTH & WELLNESS

MAKE GOOD NUTRITION PART OF YOUR HEALTH PLAN

Limit Fat: Most Americans today get as much as 36 percent of their diet as fat, which can increase your cholesterol and your girth, and which may also increase your risk for some cancers. The healthiest choice is monounsaturated fat, which is found in olive oil, canola oil, and grape seed oil. If your recipe requires fat in preparation or cooking, try to use olive, canola or grape seed oil.

Portion Control: If your recipe includes meat, try to keep cooked portion sizes at about three to four ounces per serving, selecting leaner cuts of meat. Braising, grilling, pan-searing, roasting, and stewing are all cooking methods that can help keep fat levels low. When you barbecue, fat from the meat drips onto the flames and produces cancer-causing substances that can settle on your food. In addition, smoke, salt-cured, and pickled foods often contain nitrates and nitrites, which have been linked to stomach cancer.

Source: Memorial Sloan-Kettering Cancer Center

LAP SWIMMING AT NOON

Looking for a low-impact workout? Join us for the City of Davis Lap Swimming program held at Community Pool, weekdays, **noon – 1:00 p.m.**

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

The lap swim is supervised by a trained lifeguard and is located at 201 W. 14th St. in Community Park. You may pay a daily visit fee of \$4 at the pool or buy a 10-visit pass for \$36, or a 20-visit pass for \$72. The winter/spring program runs **January 5 - June 12**, with a few recognized holidays off. For more information, contact the Community Services Department at 757-5626.

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.


Beginning Balance Workshop (M 1:00-2:00 p.m.)	Feb 2 \$10/res/\$16/\$22non-res
Dynabands AM (T, Th 7:30-8:30 a.m.)	Jan 6 – Feb 26 \$15/res/\$21/\$27non-res
Dynabands PM (MWF, 2-3:00 p.m.)	Jan 5 – Feb 27 \$20/res/\$26/\$32non-res
Feldenkrais (continuing) (T, 10:15-11:15 a.m.)	Jan 6 – 27 \$20 res/\$26/\$32 non-res
Feldenkrais (new students) (T, 11:30 a.m.-12:30 p.m.)	Jan 6 – 27 \$20 res/\$26/\$32 non-res
Fitness for Life - AM (MWF, 7:30-8:30 a.m.)	Jan 5 – 30 \$33 res/\$39/\$45 non-res
Fitness for Life - PM (T, Th, 2:00-3:00 p.m.)	Jan 6 – 29 \$24 res/\$30/\$36 non-res
Tai Chi/Chi Gung (T, 9:00-10:00 a.m.)	Jan 6 – 27 \$18 res/\$24/\$30 non-res
Tap Dancing (M, 3:00-4:00 p.m.)	Ongoing Free
Walk n' Talk (MWF, 8:45-9:45 a.m.)	Ongoing – Join anytime! No Fee
Yoga – Intermediate (MTh, 8:15-10:15a.m.)	Jan 5 – Feb 2 \$75 res/\$81/\$88 non-res
Yoga – Chair (MTh, 10:30-11:30 a.m.)	Jan 5 – Feb 2 \$40 res/\$46/\$52 non-res

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

May you have a Happy & Healthy New Year

SUPPORTIVE SERVICES

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

- **INFORMATION & HELP AVAILABLE** - This program helps to guide you through the maze of programs & services available to older adults. Call our Information & Assistance Coordinator for an appointment. This program is funded in part by the Area 4 Agency on Aging.
- **ADVANCE HEALTH CARE DIRECTIVES** - The “Advance Health Care Directive” kit is available for a suggested donation of \$2.50.
- **ARE YOU OK?** - A daily computerized phone call from the Davis Police Department. If you answer the phone, they’ll know you are O.K. If not, they check on you.
- **BLOOD PRESSURE CHECKS** – Drop in to get your blood pressure checked at no cost by American Medical Response (AMR) Ambulance Services on the **second Tuesday of every month, 10:30 – 11:00 a.m.**
- **ELDER ID PROGRAM** - This program is aimed at identifying “wanderers” so they can be quickly returned to loved ones. Photo and information are kept by law enforcement.
- **FAMILY CAREGIVER SUPPORT PROGRAM** – Resource specialist Peggy Phelps is available for consultations at the center or your home by appointment. The service includes counseling, resource information and service coordination. Call 666-8828.
- **GUIDE TO RESOURCES AND SERVICES FOR OLDER ADULTS IN YOLO COUNTY** - Single copies available at the front desk. You can also find the Guide on the internet at www.cityofdavis.org/pcs/seniors/, then click on the right column on Senior Resource Guide.
- **HEALTH INSURANCE COUNSELING AND ADVOCACY PROGRAM (HICAP)** - If you have questions about Medicare, long-term care, HMOs, or other health insurance matters, make an appointment with a volunteer counselor. First and third Thursdays of each month.
- **LEGAL CONSULTATIONS** - Davis attorney Bill Kopper is available for 15-minute appointments once a month. Call 757-5696 for available appointment times.
- **MINOR HOME REPAIRS** - Do you have a leaking faucet, a squeaky door, or a torn screen? Do you need a light bulb or furnace filter changed? These and other minor home repairs can be done through Handy Helpers program.
- **MEDICAL EQUIPMENT LOANS** - Before buying wheelchairs, walkers, crutches, canes, commodes, shower chairs & toilet seat raisers, check out our medical equipment-lending closet. For a small donation, you can borrow the items you need.
 
- **DIANNE HINSZ MEMORIAL SCHOLARSHIPS** - Scholarships are available to pay for the full amount of a class for those who can’t afford it. To be eligible, your annual income must be below \$23,000 for an individual or \$26,300 for a couple. Scholarships are available up to a maximum of \$150 per calendar year, and can only be used for the cost of the class, excluding materials/lab fees. For more information, please contact the office, 757-5696.
- **SENIOR CITIZENS COMMISSION** - The Commission will meet on January 8. The public is encouraged & welcome to attend. Agendas and past meeting minutes may be viewed online at www.cityofdavis.org/meetings
- **SHOPPING SERVICE** - UCD student volunteers will take your order, do your grocery shopping and deliver to your home. For more information, call Lisa at 757-5696.
- **TIME OFF FOR CAREGIVERS** - Do you need a break from caregiving? This respite program, through Citizens Who Care, offers a safe, fun environment for frail older adults on the 2nd & 4th Saturdays of the month at the senior center. (There is a charge for this program.) Call 758-3704 for information.
- **VETERANS’ SERVICES** – Consultations on services available to veterans on Mondays from 8:30 to 10:30 a.m. Information on disability aid, pensions, burial, vocational rehabilitation, dependent’s and survivor’s benefits, health care, prescription drugs and life insurance are just some of the areas available. For more information, call 406-4850.

SPECIAL INTEREST GROUPS

AARP MEETINGS/POTLUCKS DISCONTINUED

It is with deep regret that the board members of AARP announced in December their decision to discontinue meetings and potlucks due to low membership.

For more information please call Imogene at 530-796-3462.

BINGO (SCD Style)

Whether you enjoy playing the Indian Star, Six & Nine Pack, 2 Postage Stamps, Railroad, the Kite or Blackout, we have it all at our weekly Bingo game held every

Thursday afternoon from 12:30 - 3:00 p.m., and on **Saturday, December 13 from 12:30 - 3:00 p.m.** (We are meeting one week early this month because of the holidays.) Afternoon snacks are provided, and it is only 25¢ per card for two games.



BOOK REVIEW & SENIOR CENTER READS

Stan Forbes will be here for the Book Review on **Tuesday, January 20 at 9:30 a.m.** to review some of the new books currently available. **Senior Center Reads** follows immediately at **10:30 a.m.** to discuss the current book, *Onitsha* by J.M.G. Le Clézio. *Onitsha* tells the story of Fintan, a youth who travels to Africa in 1948 with his Italian mother to join the English father he has never met. Initially enchanted by the exotic world he discovers in Onitsha, a bustling city prominently situated on the eastern bank of the Niger River, Fintan gradually comes to recognize the intolerance and brutality of the colonial system and gives the novel a notably direct, horrified perspective on racism and colonialism.

CERAMICS

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

supported by volunteer instructors, who can assist students and make recommendations as desired.

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

CURRENT EVENTS DISCUSSION GROUP

The discussion group will meet on **Friday, January 16 beginning 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

The Davis Genealogy Club meets the last Monday of every month at **1:00 p.m.** Our speaker for the **Monday, January 26** meeting will be Jim W. Faulkinbury, a Certified Genealogist since 1980 with over 50 years experience in the field. His topic, "U. S. Naturalization Records," will include information regarding the laws that created and changed requirements for naturalization, examples of the documents created under those laws, and how to locate naturalization records. This basic, how-to information is important in the research of many genealogists and sure to be of interest to all.

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

Guests are welcome at our meetings, and the library is open to the public. To learn more about the Davis Genealogy Club and Library, visit our website at www.davisgenealogy.org. or call Betty Jane Polk at 758-5517.

HEM & HAW

Our Holiday Boutique was successful this year. We made over \$350 that went to SCD to help with their ongoing programs. We would love to have some new faces join us in the new year. 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 from 1:00 – 3:00 p.m.**

INTERNET USERS GROUP EXPLORES LAPTOPS

The next IUG meeting will be **January 27 from 7:00 – 8:30 p.m.** in the Activity Room.

“Are You Wondering About Getting a Laptop Computer?” Do you have one and have questions about it? What are the pros and cons of convenience, cost, maintenance, ergonomics issues etc? What do people find to be especially advantageous about their laptop computers? Is laptop software different from desktop software? How can information (software and data) be transferred from one computer to another? We’ll try to talk about all of this and more.

For more information contact Anne Hance rahance@dcn.org or Lois Richter 758-5058.

MAC USERS GROUP

This group will be meeting on **Tuesday, January 13 from 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 **January 9 & 23 from 2:15 - 3:30 p.m.**

NOSTALGICS

Do you like singing in the shower? Well, it’s time to get out of your house and let your voice be heard! Join other singing enthusiasts who love singing those “oldies but goodies” on **Fridays from 1:00 - 2:00 p.m.**

OIL & ACRYLICS

The beginning of 2009 is a good time to start a new resolution. Have you always wanted to try your hand at oil painting? Or perhaps just re-start an art form that you loved in your past? The oil & acrylic group are looking for new artists to share their talents with us at our **Monday** morning studio activity.

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

ONE-STROKE PAINTING – BACK TO BASICS

In January, instructor Sandra Gray-Fitzpatrick will be doing “Back to Basics” painting instruction to provide you with a solid foundation of skills needed for Donna Dewberry’s One-Stroke style painting. Students will also receive instruction on how to properly load, clean and care for their brushes. It is a perfect class for both the artistically challenged or the experienced painter. Classes are **Thursday mornings, January 8 - 22, 9:00 - 11:30 a.m.** The fee for this series is \$15.00. 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.

RED HAT SOCIETY

The ladies of the DSC Rockers cordially invite you to their monthly “Game Day” to be held on **Friday, January 16, 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 Applebee’s”

1763 Research Park Drive

Tuesday, January 20 at 11:30 a.m.

RSVP: Joyce at 758-4757 no later than January 18

WATERCOLOR PAINTING

The senior watercolor class honored their volunteer teachers at the annual Christmas Brunch. Artists Carol Bernard, Betty Berteaux, Mildred Franklin, Chris Schackel and Matt Connors led the students to the thrills of self expression through color, shape and line. Their efforts are greatly appreciated.

The first class in January will be on **Friday, January 9 at 9:30 a.m.** Betty Berteaux will teach. All are invited and no prior training is required. Bring watercolor paints, brushes, a container for water and paper.

DAVIS STAMP CLUB

The Davis Stamp Club will meet **Tuesday, January 6, 7:00 - 8:00 p.m.** For more information, call Anne Hance at 753-7265.

TAP DANCING

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

SUPPORT GROUPS

The Davis Senior Center does not endorse the opinions, services or products discussed in support groups. The meetings are for informational and sharing purposes only. Participants are encouraged to consider a variety of sources when making decisions about their health.

ALZHEIMER'S SUPPORT GROUP – Wednesday, January 21 at 10:00 a.m.

BREATHERS SUPPORT GROUP – Thursday, January 22 at 1:30 p.m.

MEN'S GROUP – Wednesday, January 28 at 10:00 a.m.

PARKINSON'S SUPPORT GROUP – Tuesday, January 27 at 1:30 p.m.

PROSTATE CANCER SUPPORT GROUP – On Monday, January 12 at 6:30 p.m., we host Dr. Kenneth Ferguson, a urologist with Sutter West Medical Group, who will answer our questions. The group extends support to survivors who are coping with side effects, and to others who are seeking information on various treatments. The group has case histories from survivors who have walked the path and may be of help to others who seek aid and comfort. For further information call 758-8322 or 758-9153.

TRANSITIONS GROUP - Wednesday, January 14 & 28 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.

MISCELLANEOUS**DONOR WALL UNVEILED!**

With the New Year comes the unveiling of the Phase III "Donor Wall," which recognizes the many generous contributors who made the \$1.3 million expansion project possible. Donors include SCD, the Senior Citizens and Recreation & Park Commissions, Alternative Recreation participants, and many private individuals and community organizations. Phase III, completed in May 2005, added 2,750 square feet to the Senior Center, including the Valente multipurpose room, residential kitchen, fireside lounge, office, and O'Rourke conference room space. The Donor Wall, designed by Weidner Architectural Signage, will be permanently displayed in the Valente Room beginning this month.

NEW PARKING RULES

The senior center is addressing the chronic parking shortage! Signs now posted at parking lot entrances state that spaces are reserved for senior activities from 9:00 a.m. – 3:00 p.m. and that overnight parking is prohibited. We hope this will deter non-seniors from taking valuable spots!

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 cabinet, please call Alisa at 757-5696. Remember, ideas are always welcome as well!

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 between 3:00-4:00 p.m. on Tuesdays. There is a suggested donation of \$5 per lesson. Please call 757-5696 or inquire at the front desk for more information.



CHINESE CULTURE & LANGUAGE

Despite its huge population and sprawling land mass, few Americans know much about China. It's time to get educated! Join UC Davis student, Justin Locke, for a free, 8-week course on the culture and language

of China. Justin, a student intern from the human development department, will teach **Wednesdays and Fridays, 10:30-11:30 a.m.** at the Senior Center. Although the focus will be on Chinese culture, he will teach you a bit of the Mandarin language, with a particular emphasis on phrases useful for travel.

As we go to print, a syllabus is still being developed. Please call after January 8 to confirm topics for the class, or check the bulletin boards at the center. You are welcome to attend any or all of the class meetings. Pre-registration is requested. Call 757-5696 for information or to register.

CELEBRATE CHINESE NEW YEAR!

The Chinese have a unique way of representing the new year through animals. Last year was the Year of the Rat. 2009 will be the Year of the Ox.

When Is Chinese New Year?

The start of Chinese New Year changes every year since it is dictated by the lunar calendar. In China the lunar calendar is still used to determine traditional holidays like Chinese New Year. Since the lunar calendar is based on the phases of the moon-- which has a shorter cycle than the sun-- Chinese New Year is never on the same day each year, but typically falls somewhere between January 21 and February 20. In 2009 it falls on January 26th.

How Long Do Chinese New Year Celebrations Last?

According to Daria Ng, Assistant Curator of Education at the [Museum of Chinese in the Americas](#) in New York City, celebrations can actually last up to a month, especially in China. Originally the celebrations lasted a long time because China was a very agriculture-based country, and farmers took the whole month off to rest since crops couldn't be planted during the winter. Nowadays most families celebrate the New Year for about two weeks, according to Ng, starting on the first day of the new year.

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.

January 13 & 15, – New Academy of Sciences –
 Wait list.

February 10 & 11 – Snow Train – Wait list.

February 21-25 – A New Death Valley

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

March 16 – 25 – Mississippi River Barge, Delta

South – Spend two days in New Orleans, stay at the historic Monteleone Hotel in the French Quarter. City tour, hosted breakfast, dinner at New Orleans Cooking School, Jazz Brunch at Court of Two Sisters. Then board the only hotel barge on the river for a leisurely cruise up river to Memphis, stopping to tour Natchez, Vicksburg and Helena, AR. Tour Memphis with lunch at Corky's BBQ. Included are airfare, airport transfers, skycaps, all meals and entertainment on the barge, all gratuities for listed events. Royal Deck \$3655. pp dbl., Platinum Deck \$3765.

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

New trips being planned, check Davis Travelaires office.

Davis Senior Center Activities – January 2009

Monday	Tuesday	Wednesday	Thursday	Friday
Transportation Services 757-4408 Senior Center Office 757-5696 Elderly Nutrition Program (ENP) 757-5541	* Indicates need to register in advance, and/or by appointment. Please call 757-5696.		1 Happy New Year Senior Center Closed ENP serving lunch & delivering Meals on Wheels	2 New Year's Holiday Senior Center Closed ENP serving lunch & delivering Meals on Wheels
5 7:30am Fitness For Life* 8:15am Intermediate Yoga* 8:30am Veteran Services 8:45am Walk N' Talk/Pehlke Pacers 9:00am Oil/Acrylic Painting 10:30am Chair Yoga* 12:30pm Duplicate Bridge 1:00pm Scrabble/Bridge/Mah Jongg/Canasta 2:00pm Dynabands* 3:00pm Tap Dancing 6:30pm Social Bridge	6 7:30am Dynabands* 9:30am Ceramics 9:00am Tai Chi* 10:15am Feldenkrais – Continuing Students* 11:30am SCD Luncheon/Business Mtg. 11:30am Feldenkrais – New Students* 1:00pm Bridge/Pinochle 2:00pm Fitness For Life* 7:00pm Stamp Club	7 7:30am Fitness For Life* 8:45am Walk N' Talk/Pehlke Pacers 9:00am Peer Counselors Mtg. 1:00pm Hem & Haw 1:00pm Poker 1:00-4:00pm Genealogy Library Hours 2:00pm Dynabands*	8 7:30am Dynabands* 8:15am Intermediate Yoga* 9:00am One-Stroke Painting* 9:30am Memoirs* 10:30am Chair Yoga* 12:30pm Bingo 2:00pm Fitness For Life* 2:30pm Senior Commission Mtg	9 7:30am Fitness For Life* 8:45am Walk N' Talk/Pehlke Pacers 9:30am Watercolor Painting 9:30am Memoirs* 12:15pm Video Movie 1:00pm Nostalgics 1:00-4:00pm Genealogy Library Hours 2:00pm Dynabands* 2:15pm Jam Session & Dance
12 7:30am Fitness For Life* 8:15am Intermediate Yoga 10:30am Chair Yoga* 8:30am Veteran Services 8:45am Walk N' Talk/Pehlke Pacers 9:00am Oil/Acrylic Painting 12:30pm Duplicate Bridge 1:00pm Scrabble/Bridge/Mah Jongg/Canasta 2:00pm Dynabands* 2:00pm Legal Assistance* 3:00pm Tap Dancing 6:30pm Social Bridge 6:30pm Prostate Support Group	13 7:30am Dynabands* 9:30am Ceramics 9:00am Tai Chi* 10:15am Feldenkrais – Continuing Students* 10:30am Blood Pressure Check 11:30am Feldenkrais – New Students* 1:00pm Bridge/Pinochle 2:00pm Fitness For Life* 6:30pm Mac Users Group	14 7:30am Fitness For Life* 8:45am Walk N' Talk/Pehlke Pacers 10:00am Transitions Group 1:00pm Hem & Haw 1:00pm Poker 1:00-4:00pm Genealogy Library Hours 2:00pm Dynabands*	15 7:30am Dynabands* 8:15am Intermediate Yoga* 9:00am One-Stroke Painting* 9:00am HICAP* 9:30am Memoirs* 10:30am Chair Yoga* 12:30pm Bingo 2:00pm Fitness For Life*	16 7:30am Fitness For Life* 8:45am Walk N' Talk/Pehlke Pacers 9:30am Memoirs* 9:30am Watercolor Painting 10:00am Legal Answers presented by Mark Hyjek 12:00 Elderlaw Appointments* 12:15pm Video Movie 1:00pm Nostalgics 1:00-4:00pm Genealogy Library Hours 1:00pm Red Hat Rockers – Game Day 2:00pm Current Events 2:00pm Dynabands* Saturday, January 17, 12:00 noon SCD Bingo
19 Martin Luther King Jr. Day Holiday Senior Center Closed No lunch or Meals on Wheels	20 7:30am Dynabands* 9:30am Ceramics 9:00am Tai Chi* 9:30am Book Review 10:15am Feldenkrais – Continuing Students* 10:30am Senior Center Reads 11:30am Feldenkrais – New Students 11:30am Red Hat DSC Rockers meet for lunch at Applebees* 1:00pm Bridge/Pinochle 2:00pm Fitness For Life*	21 7:30am Fitness For Life* 8:45am Walk N' Talk/Pehlke Pacers 10:00am Alzheimer's Support Group 11:00am Food Distribution 1:00pm Hem & Haw 1:00pm Poker 1:00-4:00pm Genealogy Library Hours 2:00pm Dynabands*	22 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* 1:30pm Breathers Support Group 2:00pm Fitness For Life*	23 7:30am Fitness For Life* 8:45am Walk N' Talk/Pehlke Pacers 9:30am Memoirs* 9:30am Watercolor Painting 12:15pm Video Movie 1:00pm Nostalgics 1:00-4:00pm Genealogy Library Hours 2:00pm Dynabands* 2:15pm Jam Session & Dance
26 7:30am Fitness For Life* 8:15am Intermediate Yoga 10:30am Chair Yoga* 8:30am Veteran Services 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 Mtg. 2:00pm Dynabands* 3:00pm Tap Dancing 6:30pm Social Bridge	27 7:30am Dynabands* 9:30am Ceramics 9:00am SCD Board Meeting 9:00am Tai Chi* 10:15am Feldenkrais – Continuing Students* 11:30am Feldenkrais – New Students* 1:00pm Bridge/Pinochle 1:30pm Parkinson's Support Group 2:00pm Fitness For Life* 7:00pm Internet Users Group	28 7:30am Fitness For Life* 9:00am Social Security Representative 10:00am Men's Social Group 10:00am Transitions Group 10:30am Reducing Clutter Talk 12:30pm Knowing When to Move Talk 1:00pm Hem & Haw 1:00pm Poker 1:00-4:00pm Genealogy Library Hours 2:00pm Dynabands*	29 7:30am Dynabands* 8:15am Intermediate Yoga* 9:30am Memoirs* 9:30am Bridge Lessons* 10:30am Chair Yoga* 10:30am Fraud, Scams & Personal Safety Info by Dave Edwards 12:30pm Bingo 1:00pm Bridge Lessons* 2:00pm Fitness For Life*	30 7:30am Fitness For Life* 8:45am Walk N' Talk/Pehlke Pacers 9:30am Memoirs* 9:30am Watercolor Painting 12:15pm Video Movie 1:00pm Nostalgics 1:00-4:00pm Genealogy Library Hours 2:00pm Dynabands*

January 2009

Menu subject to change

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

Monday	Tuesday	Wednesday	Thursday Jan 1	Friday Jan 2
+ Vitamin C * Vitamin A	Each meal includes 8 oz 2% milk		Holiday	Holiday
Monday Jan 5	Tuesday Jan 6	Wednesday Jan 7	Thursday Jan 8	Friday Jan 9
**Greek Ravioli w/Creamy Feta Sauce *Baby Carrots* w/mint *Whole Wheat Bread *Fresh Fruit+	*Juice+ Garlic Chicken *Stir Fried Rice *Asian Vegetable Blend+ *Whole Wheat Roll	Roast Beef w/Rich Brown Gravy *Mashed Potatoes+ *Corn Niblets *Whole Wheat Bread **Citrus Salad+	*Chunky Vegetable Soup* **Turkey Salad in a Croissant **Peaches N Cream Gelatin+	*Cabbage Slaw+* w/Craisins **Potato Crusted Ham & Cheese Pie *Banana+ Higher sodium meal
Monday Jan 12	Tuesday Jan 13	Wednesday Jan 14	Thursday Jan 15	Friday Jan 16
Baked White Fish w/Lemon Herb Sauce *Lentil & Tomato Medley *Winter Blend Vegetables+* *Whole Wheat Bread *Blushed Pears	*Garden Salad* w/Garbanzos *Cheese Enchilada *Tex Mex Vegetables w/Beans *Tortilla Chips & Salsa *Fruit Juice+	*Barley & Vegetable* Soup *½ Club Sandwich on Wheat *Sugar Free Gelatin w/Fruit+	*Stuffed Bell Pepper+ w/Beef and Rice Green Beans *Wheat Roll *Fruit Juice+	**Brunswick Chicken Stew w/ Potatoes & Vegetables+ Brussel Sprouts+ *Whole Wheat Bread *Spiced Apples
Monday Jan 19	Tuesday Jan 20	Wednesday Jan 21	Thursday Jan 22	Friday Jan 23
Holiday	*Fruit Juice+ Swedish Meatballs *Whipped Potatoes+ Scandinavian Vegetables+* *Whole Wheat Bread	BBQ Chicken *Rodeo Beans Swiss Chard+ *Biscuit *Apricot Nectar*+	*Butternut Squash Soup* *½ Ham Sandwich *Romaine Salad w/Candied Nuts & Oranges+	*Heavenly Beef & Rice Mixed Vegetables* *Whole Wheat Bread *Juice+ **Tapioca Pudding
Monday Jan 26	Tuesday Jan 27	Wednesday Jan 28	Thursday Jan 29	Friday Jan 30
Mystery Meal	*Three Bean Salad **Tamale Pie w/Beef Steamed Spinach* *Pineapple Tidbits+	<i>Happy Birthday</i> *Fruit Juice+ Roast Turkey w/Gravy *Dressing *Baked Sweet Potatoes* **Birthday Cake	**Tuna Pesto Melt on Rye *O'Brien Potatoes+ Steamed Broccoli+* *Fruit Cocktail	*Fruit Juice+ Tossed Green Salad **Spaghetti w/Meat Sauce **Garlic Bread

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

\$3.00 Senior Contribution

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

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