



Transportation: (530) 757-4408 Office: (530) 757-5696 Travelaires: (530) 753-4159
Volume XXXVI Number 7 Office Fax: (530) 758-0463 July 2009
\$10.00/Year Subscription Email: seniorservices@cityofdavis.org www.cityofdavis.org/cs/seniors/

DRIVING WELLNESS CLASS

Most seniors want to continue driving as long as possible. The Road to Driving Wellness workshop, scheduled at the Davis Senior Center on **Wednesday, July 29, 10:00 – 11:30 a.m.**, is designed to help older drivers stay on the road safely. Offered by Area 4 Agency on Aging, this workshop will focus on teaching you how to maintain your health for driving. You'll learn about changes in the body, physiology and vision that occur with aging and things that can be done to compensate for these changes and/or improve your ability to continue driving.



This one-time workshop is geared toward older drivers but is helpful for anyone interested in the topic. There is no cost to attend, but there is a suggested donation of \$5. It is not required. The course complements AARP's Mature Driver Safety Course. However, this Driving Wellness workshop does not allow a discount on your automobile insurance.

Please register for the class by Friday, July 24. Call the Senior Center at 757-5696. Class size is limited.

RAPTOR CENTER PRESENTATION

Join Christine Adams of the California Raptor Center, on **Thursday, July 9 at 1:30 p.m.** for an exciting one-hour presentation on raptors. Christine will be bringing two birds for the program as well as biofacts.

A raptor is defined as a bird of prey that catches live prey species for its own survival and raising of its young.

Hawks, eagles, falcons, owls, osprey and harriers are considered raptors. Some characteristic features of raptors enabling them to catch and kill their prey are their powerful talons and strong hooked beak. Other features such as keen eyesight and hearing, swift flight, and great strength are attributed to raptors. She will give a general overview of the birds and how they relate to our environment. The program costs \$2 per person. Please sign up at the front desk.



Reminder: Senior Center & Elderly Nutrition Program will be **closed** on **Friday, July 3** for Independence Day Holiday.

TRANSIT INFORMATION

DAVIS COMMUNITY TRANSIT

This month we welcome Shawna Ferguson to the DCT team! Shawna came to us from Unitrans, and we are happy to have her on board.



This month we begin our new fare at \$2 one-way and, for the first time ever, drivers will be selling five-ride tickets on the bus. Five-ride tickets are also a new addition to our service. Remember that all tickets may also be purchased at the Senior Center. Please feel free to call the DCT office at 757-4408 if you have any questions.

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).

SENIOR CITIZENS OF DAVIS Building for a Better Tomorrow

SUNSHINE LADY

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

Get well cards to Jeanette Gonzales, Wes Penny.

Thinking of You cards to Judy McChristian and Jeanette Gonzales.

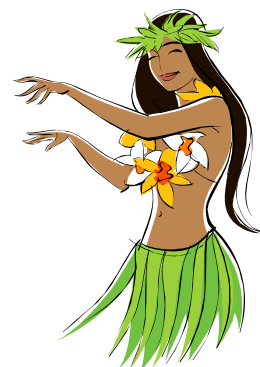
Sympathy card to Rosemary Adamski for death of husband Richard Adamski, Edelgard Brunelle for death of husband Richard Brunelle and Lois Spafford for death of son Stuart Spafford.

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.

NO SCD LUNCHEON/MEETING IN JULY

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

It's time to get out your aloha shirts and muumuus (grass skirts optional). SCD invites you to join us for this very special Hawaiian "LuWow" Party. Wonderful entertainment and great food, so invite your friends and family to share in the fun!



The lunch will catered by Atria Covell Gardens. Entertainment will be Halau Hula O Lei Halia Dancers from Winters, CA. The admission donation will be \$7 for SCD members and \$10 for non-SCD members. Please sign up now at the Senior Center office.

NURSING SCHOLARSHIP FUND DONATIONS

With the establishment of its \$40,000 Betty Irene Moore School of Nursing Scholarship in

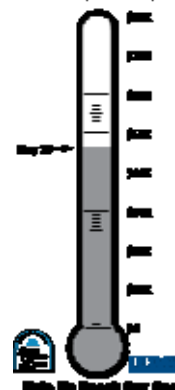
March, a goal of \$80,000 was set for December 31, 2009. With donations from SCD members our current fund total is \$45,437.

Our expectations are high and we are thankful for your support.

Please direct your questions regarding the fund to Wes Penny, SCD President.



SENIOR CITIZENS OF DAVIS FUND



**FRIENDSHIP CAFÉ &
ELDERLY NUTRITION PROGRAM**
Ron Spurlock, Site Manager
Office Hours: M-F 9:00a.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!

Thursday, July 2,
“Celebrate the 4th.” Menu includes
patriotic potato salad, hamburger with bun and
condiments, corn off the cob, watermelon and star
spangled dessert.

**Wednesday, July 15 “Celebrate National
Ice Cream Month.”** Ham and Swiss sandwich on
whole wheat, vegetable antipasti, and macaroni
salad.

Wednesday, July 19 “Happy Birthday.”
Enjoy chicken spinach salad, with garlic toast, fruit
gelatin supreme, fresh veggies 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

FARMERS MARKET COUPONS

Low-income older adults (60+) are once
again eligible for free Farmers Market coupon
books this summer.

Approximately 75 booklets will
be given away at the Davis
Senior Center on a first-come,
first-served basis on **Tuesday,
July 7 beginning at 10:00 a.m.** The coupons will
be in \$20 booklets of \$2 increments for fresh fruits,
vegetables and herbs. The coupons must be used at
USDA certified farmers markets, including the
Davis Farmers Market, before November 30, 2009.



To be eligible, your income for a one-person
household must be below, and below for a two-
person household. If you are unable to pick the
coupons yourself, you are allowed to designate an
individual (proxy) to act as your authorized
representative to receive the booklet and make
purchases at the farmers market. However, this
requires that you complete a proxy form, available
at the Senior Center.

MOVIES

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

July 10 - Radio Flyer (1992) 2 hours. In the
process of transforming their ordinary red wagon
into a flying machine, two brothers transform their
own lives into an extraordinary adventure.

July 17 - Brewsters Millions (1985) 1 hour and 41
minutes- Monty stands to inherit \$300 million, but
only if he can quickly spend \$30 million without
acquiring any assets. If he fails, it's back to zero.

July 24 - Monsoon Wedding (2001) 1 hour and 54
minutes- A father, a bride-to-be, a smitten event
planner, and relatives from around the world create
much ado about the preparations for an arranged
marriage in India.

July 31 - The Five People You Meet In Heaven
(2004) 2 hours and 13 minutes- Based on author
Mitch Albom's best seller, this movie explores the
unexpected mysteries of the afterlife by reminding
us what really matters here on Earth.

INFORMATION & ASSISTANCE

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.

HRA CANCELLED

The Homeowners and Renters Assistance
Program (HRA) has been cancelled this year due to
state budget shortfalls.



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.

Balance Workshop – Level 2 (W 10:00-11:30 p.m.)	July 15 \$10/res/\$16/\$22non-res
Dynabands (T, Th 2:30-3:30 p.m.)	July 2 – Aug 27 \$20 res/\$26/\$32non-res
Dynabands (MWF, 2-3:00 p.m.)	July 1 – Aug 28 \$24/res/\$30/\$36non-res
Feldenkrais (continuing) (T, 10:15-11:15 a.m.)	July 7 – 21 \$16 res/\$22/\$28 non-res
Feldenkrais (new students) (T, 11:30 a.m.-12:30 p.m.)	July 7 – 21 \$16 res/\$22/\$28 non-res
Fitness for Life – Adv. (MWF, 7:30-8:30 a.m.)	July 1 - 31 \$46 res/\$52/\$58 non-res
Fitness for Life – Beg. (MWF, 8:45-9:45 a.m.)	July 1 – 31 \$46 res/\$52/\$58 non-res
Fusion Belly Dance (W, 10:30-11:30 a.m.)	July 1 – 29 \$20 res/\$26/\$32 non-res
Line Dance (W, 3:30-4:30 p.m.)	July 1 – 29 \$20 res/\$26/\$32non-res
Tai Chi/Chi Gung (T, 9:00-10:00 a.m.)	July 7 – 28 \$20 res/\$26/\$32 non-res
Tap Dancing (M, 3:30-4:30 p.m.)	Ongoing Free
Walk n’ Talk (MWF, 8:45-9:45 a.m.)	Ongoing – Join anytime! No Fee
Yoga – Intermediate (M,Th, 8:15-10:15a.m.)	June 29 – July 23 \$80 res/\$86/\$92 non-res
Yoga – Chair (M,Th, 10:30-11:30 a.m.)	June 29 – July 23 \$42 res/\$48/\$54 non-res
Zumba - (F, 12:30 – 1:15 p.m.)	July 10 – 31 \$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

LITERARY LOCALS

This summer brings the return of our Literary Locals Series. On **Tuesday, July 28 at 10:00 a.m.** Adair Gasparian will speak about her book *Threads: A Memoir*. Adair, a retired school teacher, writes in her book how doing all the right things in life brought her to the edge of the abyss. The empty-nest syndrome was not to be overcome with all the traditional, well-intentioned platitudes and busy-work activities. Her solution had to be way out there. And it was. From an off-hand suggestion that she join the Peace Corps, at the age of 52, there followed 18 interrelated coincidences that, in retrospect, she calls “predetermined.”

Join Adair for this 20-year journey from the warm, erotic, midnight sands of Jamaica, to the power of the human spirit that led her Chinese “special friend” to dare the consequences of the communist party as they endured the Tiananmen Square massacre, and on to the serendipitous meeting with “Norman” in Armenia, immediately following the collapse of the former Soviet Union; then forward to their loving marriage and her incredible career that has spanned the globe.

If you are interested in attending this free program, please sign up at the front desk, 757-5696.

FILM SPIRITUALITY SERIES

Join Dr. Maria Jaoudi, professor of humanities and religious studies at CSUS, for the second of a two-part film series this summer examining the spiritual dimensions of films from around the world. The cinematic arts are examined in relationship to religious concerns, concepts, and values. Dr. Jaoudi will lead a discussion about *Monsoon Wedding* on **July 31 at 12:15 p.m.**

AARP DRIVERS SAFETY RENEWAL CLASS

If you have taken the full 2-day AARP Driver Safety class within the past three years, you can take a shortened renewal class and still get your



certificate. On **Wednesday, July 22, 8:30 a.m. - 12:30 p.m.**, instructor Claudine Olsson will offer the shortened class at the Senior Center. Class size is limited and you must sign up in advance. Your check should be made out to AARP for \$12 per person for AARP members, \$14 for non members. (We require your AARP membership number in order to give you the discounted rate.) Many insurance companies offer discounts on your vehicle policy for the successful completion of this class.

TALK WITH YOUR ASSEMBLYWOMAN

Assemblywoman Mariko Yamada will be available to meet with community members on a drop-in basis at the Davis Senior Center on **Friday, July 31, 1:30 – 3:30 p.m.** This is your opportunity to speak one-on-one with one of your representatives in the State Legislature.

SOCIAL SECURITY SERVICES

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

HEALTH AND FITNESS DAY THANKS!

A special thank you goes out to the following people and organizations for making Health and Fitness Day 2009 a big success! Dr. Michael McCloud, Atria Covell Gardens, Fleet Feet, H2O to Go, Cal Aggie Marching Band-uh, and all of our wonderful volunteers.

LOBBY RENOVATION TO START

Our delayed lobby renovation project, originally scheduled for April, will tentatively begin **Monday, July 13 and end Friday, July 24.** The 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 renovation includes a larger registration desk which is wheelchair accessible and incorporates space for our volunteer greeters.

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 August.

ICE CREAM SOCIAL & VOLUNTEER RECOGNITION

Beat the heat at our annual Ice Cream Social and Volunteer Party on **Thursday, August 13 at 3:00 p.m.** at the Senior Center. To reserve your spot, please call 757-5696 no later than **Friday, August 7th.** Although the main emphasis is to honor those volunteers who make our center so special, this event is open to everyone, so feel free to bring your family, friends, and grandchildren alike!

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, July 2, 9:00 - 11:00 a.m.** Sandy Gray-Fitzpatrick will teach her craft class how to make a *No-Sew Basket*. 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, July 9 & 16, 9:00 - 11:30 a.m.** Classes are \$8 each with additional fees for materials payable to the instructor on the first day, and non-residents. For information, contact the Senior Center. Pre-registration is required.

OIL & ACRYLIC PAINTING: OPEN ART STUDIO

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

WATERCOLOR PAINTING

Friday mornings in July and August are times for the watercolor class to come and paint freely as they wish and still enjoy the social connection of other painters. Everyone is invited. The room will be available from 9:00 - 11:30 a.m. A teacher returns in September to guide the class.

In June Chris Shackel closed the yearly cycle before summer break with experimental watercolor activities. What fun to play with candle wax, rice paper, contact paper, masking tape and metallic paints.

HEM & HAW

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

SPECIAL INTEREST GROUPS**LBGTea GROUP**

Creating community for gays and lesbians 50+ meets on first and third **Thursdays, July 2 and 16 at 3:30 p.m.**

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

**BINGO CARDS FOR VISION-IMPAIRED**

Don't let your poor vision keep you from having fun! SCD has purchased a supply of large-numbered bingo cards for those with a vision impairment that makes it hard to read smaller print on the standard-size cards. The cards will be available in the Valente Room along with the regular bingo cards. Please feel free to ask the bingo volunteers if you need help finding them.

BOOK REVIEW & SENIOR CENTER READS

Stan Forbes will be here **Tuesday, July 21 at 9:30 a.m.** to review some of the new books currently available. The Senior Center Reads will follow at **10:30 a.m.** Check at the front desk for the title of the book that will be discussed.

CURRENT EVENTS DISCUSSION GROUP

The discussion group will meet on **Friday, July 17 at 2:00 p.m.** They will not meet on July 3 because of the July 4 holiday. 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 Wednesday and Friday from 1:00 to 4:00 p.m. Volunteers are available during these hours to help with questions.

On Monday, July 20, from 1:00 – 3:00 p.m., a summer field trip is being planned to visit one of our local or surrounding libraries; we're thinking of Sacramento Public Library, UC Davis Library, the California Room, or perhaps the Root Cellar collection in Sacramento. Participants will meet at the Library at the Senior Center by 1:00 p.m. to carpool to the destination. Please call the number below to weigh in on your preference.

On Saturday, July 25 the Davis Genealogy Club will be present at the Farmer's Market. Volunteer members will be located near the Hattie Weber Museum to answer your questions and perhaps assist in locating some of your ancestors!

Please join us on July 20 and 25! Guests are most welcome and encouraged to come to our meetings.

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

INTERNET USERS GROUP

The Internet Users meet monthly on the fourth Tuesdays - from **7:00 - 8:30 p.m.** in the Activity Room. All are welcome. On **Tuesday, July 28**, we will have an Open Forum Q & A. Bring your Internet and Web related questions including those

computer questions that have arisen as a result of your use of the Internet and Web.

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

MAC USERS GROUP

This group will be meeting on **Tuesday, July 14, 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, July 10 and 24 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, July 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
"Black Bear Diner"

255 Second Street (menu on the bulletin board)

Tuesday, July 14 at 11:30 a.m.

RSVP: Joyce at 758-4757 no later than July 13.

DAVIS STAMP CLUB

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



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,
July 15 at 10:00 a.m.

BREATHERS SUPPORT GROUP - Thursday,
July 23 at 1:30 p.m.

MEN'S GROUP - Wednesday, July 22 at 10:00 a.m.

PARKINSON'S SUPPORT GROUP - Tuesday, July
28 at 1:30 p.m.

PROSTATE CANCER SUPPORT GROUP -
Monday, July 13 at 6:30 p.m. The speaker will be Dr. Jeffrey Suplica, radiation oncologist. The group provides support to men who are seeking answers to their questions regarding prostate cancer and the side effects resulting from various treatments. For further information call 758-8322 or 756-9153.

TRANSITIONS GROUP - Wednesday, July 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.

THE GIFT OF GIVING

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

Duplicate Bridge - Monday	\$ 70
Friday Memoirs	\$136
Hem & Haw (SCD)	\$ 29
Information & Assistance	\$ 36
Medical Equipment Donations	\$120
Miscellaneous	\$ 80
Monday Social Bridge	\$ 40
Thursday Memoirs	\$177
Tuesday Pinochle	<u>\$ 13</u>
Total	\$701

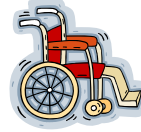
Thank you for your continued support of our programs and services!

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** - 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. 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, July 9 at 2:30 p.m.** at the Davis Senior Center, 646 A Street. The public is encouraged & welcome to attend. Agendas and past meeting minutes may be viewed online at 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** – Due to budget cuts at the Yolo County level, the Veterans' Services representative will no longer be holding office hours at the Davis Senior Center. For questions about veterans' issues and benefits, please call 530-406-4850.

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**

July 18 – Annual Shopping Trip to Nordstrom – San Francisco, \$35.

July 22 – Smokey Joe’s Café – Wait list.

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. \$69.

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 – 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

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 trip. \$30.

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

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

February 17 & 18 – Snow Train

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 7th 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.

July 2009

		Wednesday July 1	Thursday July 2	Friday July 3
+ 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)	Herb & Garlic Chicken Whole Wheat Penne Pasta w/Alfredo Sauce Seasonal Fresh Vegetables *Baguette *Fruit Juice+	Celebrate the 4th *Patriotic Potato Salad* **Hamburger w/Bun&Condiments *Corn off the Cob *Watermelon+ Star Spangled Dessert	Independence Day Holiday
Monday July 6	Tuesday July 7	Wednesday July 8	Thursday July 9	Friday July 10
*Fruit Juice+ Swedish Meatballs *Augratin Potatoes Scandinavian Vegetables *Whole Wheat Roll **Butterscotch Pudding	* Savory Seafood Salad Served on Fresh Greens Egg, Carrots* & Lemon Wedge Marinated Tomatoes+ *Whole Wheat Crackers *Sugar Free Gelatin w/Fruit+	*Sweet & Sour Chicken+* *Brown Rice Blend *Key Largo Vegetables+* *Whole Wheat Bread *Pears	* New & Flavorful Quinoa Salad **Turkey Sandwich on Sourdough w/lettuce, pickles & condiments *Fresh Broccoli Salad+ *Fruit Juice+	* Twice Baked Potato Topped w/Cheddar, Mushrooms, Green Onions & Sour Cream Steamed Zucchini & Tomatoes+* *Whole Wheat Roll *Cantaloupe+
Monday July 13	Tuesday July 14	Wednesday July 15	Thursday A July 16	Friday July 17
*Fruit Juice+ Breaded Fish w/Tartar Sauce *Orzo /Pesto Mixed Vegetables*+ *Whole Wheat Bread	Luscious Layered Salad * BBQ Beef on a Bun *Ranchero Beans *Fresh Fruit+	Celebrate National Ice Cream Month ** Ham & Swiss Sandwich On Whole Wheat Vegetable Antipasti* *Macaroni Salad+	** Stuffed Turkey Ala Orange w/Bread Stuffing *Sweet Potatoes Brussel Sprouts+ *Fruit Juice+	* Delightful Chicken Salad w/Grapes & Toasted Nuts *Chilled Rice Salad *Wheat Crackers **Sunshine Gelatin Salad+*
Monday July 20	Tuesday July 21	Wednesday July 22	Thursday July 23	Friday July 24
*Fruit Juice+ Oven Fried Chicken *Macaroni & Cheese Green Beans **Country Biscuit	* Chef Salad (Turkey, Ham, Tomatoes, lettuce and 1000 Island Dressing) *Red Potato Salad *Wheat Crackers *Fresh Fruit+	*Lettys Cheese Enchilada *Spanish Rice *Mexicalli Vegetables *Tortilla Chips & Salsa *Fruit Juice+	Meatloaf w/Gravy *Mashed Potatoes+ *Peas & Pearl Onions *Whole Wheat Roll **Ambrosia+	* 1/2 Tuna Sandwich on Whole Wheat w/lettuce and tomato *3 Bean Salad **Cottage Cheese w/Pineapple+
Monday July 27	Tuesday July 28	Wednesday July 29	Thursday July 30	Friday July 31
Pepper Steak w/Bell Pepper & Tomatoes *Served over Pasta Cauliflower+ *Whole Wheat Bread *Applesauce	* Quiche Lorraine *Oven Roasted Potatoes Steamed Broccoli+ *Wheat Roll *Fruit Juice+	Happy Birthday * Chicken Spinach Salad* w/Garlic Toast **Fruit Gelatin Supreme+ *Fresh Veggies* **Birthday Cake	Jamaican Crab Cake w/Mango Salsa *Black Beans & Rice *Bahama Vegetable Blend+* *Tropical Dessert+	** Nantucket Croissant Featuring Turkey, Cream Cheese, & Cranberry Spread *Coleslaw+* *Seasonal Fresh Fruit

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

Davis Senior Center Activities – July 2009

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Transportation Services 757-4408</p> <p>Senior Center Offices 757-5696</p> <p>*Indicates need to register in advance, and/or by appointment. Please call 757-5696</p>	<p>Room Key</p> <p>Multi Purpose Room East – MP2 Multi Purpose Room West – MP1</p> <p>Game Room – G Library - Lib Activity Room – A Valente Room – V Lobby - Ly Lounge - Lg</p>	<p>1 7:30am Fitness For Life* & 8:45am* (MP2) 8:45am Walk N' Talk/Pehlke Pacers (Ly) 9:00am Peer Counselors Meeting 10:30am Fusion Belly Dance* (MP2) 1:00pm Hem & Haw (A) 1:00pm Poker (Lg) 1:00pm Project Linus (V) 1:00pm Genealogy Library Hours (Lib) 2:00pm Dynabands* (MP2) 3:30pm Line Dance* (MP2)</p>	<p>2 8:15am Intermediate Yoga* (A) 9:00am Craft Class – No Sew Basket* (V) 9:30am Memoirs* (MP2) 9:30am Bridge Lessons* (G) 10:30am Chair Yoga* (A) 12:30pm Bingo (V) 1:00pm HICAP Appts* 1:00pm Bridge Lessons* (G) 2:30pm Dynabands* (MP2) 3:30pm LGBTea Group (G)</p>	<p>3</p> <p>Senior Center & Elderly Nutrition Program Closed</p> <p>4th of July Holiday</p>
<p>6 7:30am Fitness For Life* & 8:45am* (MP2) 8:15am Intermediate Yoga* 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 Scrabble/Bridge/Mah Jongg/Canasta (G) 2:00pm Dynabands* (MP2) 3:30pm Tap Dancing (V) 6:30pm Social Bridge (G)</p>	<p>7 9:00am Tai Chi* (A) 9:30am Ceramics (V) 10:00am Farmers Market Coupons given out 10:15am Feldenkrais* (A) 11:30am Feldenkrais* (A) 1:00pm Bridge/Pinochle (Lg) 2:30pm Dynabands* (MP2) 7:00pm Stamp Club (G)</p>	<p>8 7:30am Fitness For Life* & 8:45am* (MP2) 8:45am Walk N' Talk/Pehlke Pacers (Ly) 10:00am Transitions Group (Lib) 10:30am Fusion Belly Dance* (MP2) 1:00pm Hem & Haw (A) 1:00pm Poker (Lg) 1:00pm Genealogy Library Hours (Lib) 2:00pm Dynabands* (MP2) 3:30pm Line Dance* (MP2)</p>	<p>9 8:15am Intermediate Yoga* (A) 9:00am One Stroke Painting* (V) 9:30am Memoirs* (MP2) 9:30am Bridge Lessons* (G) 10:30am Chair Yoga* (A) 12:30pm Bingo (V) 1:00pm Bridge Lessons* (G) 1:30pm Raptor Center Presentation* (A) 2:30pm Senior Citizens Commission (MP1) 2:30pm Dynabands* (MP2)</p>	<p>10 7:30am Fitness For Life* & 8:45am* (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) 1:00pm Genealogy Library Hours (Lib) 2:00pm Dynabands* (MP2) 2:15pm Jam Session & Dance (MP1)</p>
<p>13 Lobby Renovation set to start 7:30am Fitness For Life* & 8:45am* (MP2) 8:15am Intermediate Yoga* 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 Scrabble/Bridge/Mah Jongg/Canasta (G) 2:00pm Dynabands* (MP2) 3:30pm Tap Dancing (V) 6:30pm Social Bridge (G) 6:30pm Prostate Cancer Support Group</p>	<p>14 9:00am Tai Chi* (MP2) 9:30am Ceramics (V) 10:15am Feldenkrais* (A) 10:30am Blood Pressure Check (MP1) 11:30am Feldenkrais* (A) 1:00pm Bridge/Pinochle (Lg) 2:30pm Dynabands* (MP2) 6:30pm Mac Users Group (A)</p>	<p>15 7:30am Fitness For Life* & 8:45am* (MP2) 8:45am Walk N' Talk/Pehlke Pacers (Ly) 10:00am Alzheimer's Support Group (Lib) 10:00pm Level 2 Balance Workshop* (A) 10:30am Fusion Belly Dance* (MP2) 11:00am Food Distribution (MP2) 1:00pm Hem & Haw (A) 1:00pm Poker (Lg) 1:00pm Genealogy Library Hours (Lib) 2:00pm Dynabands* (MP2) 3:30pm Line Dance* (MP2)</p>	<p>16 8:15am Intermediate Yoga* (A) 9:00am One Stroke Painting* (V) 9:00am HICAP Appts* 9:30am Memoirs* (MP2) 9:30am Bridge Lessons* (G) 10:30am Chair Yoga* (A) 12:30pm Bingo (V) 1:00pm Bridge Lessons* (G) 2:30pm Dynabands* (MP2) 3:30pm LGBTea Group (G)</p>	<p>17 7:30am Fitness For Life* & 8:45am* (MP2) 8:45am Walk N' Talk 9:30am Watercolor Painting (V) 12:15pm Video Movie (G) 12:30pm Zumba* (MP2) 1:00pm Nostalgics (MP1) 1:00pm Genealogy Library Hours (Lib) 1:00pm Red Hats – Game Day (V) 2:00pm Current Events (A) 2:00pm Dynabands* (MP2) Saturday, April 18, 12:30 pm SCD Bingo (V)</p>
<p>20 7:30am Fitness For Life* & 8:45am* (MP2) 8:15am Intermediate Yoga* 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 Scrabble/Bridge/Mah Jongg/Canasta (G) 2:00pm Dynabands* (MP2) 3:30pm Tap Dancing (V) 6:30pm Social Bridge (G)</p>	<p>21 9:00am Tai Chi* (MP2) 9:30am Ceramics (V) 9:30am Book Review (G) 10:15am Feldenkrais* (A) 10:30am Senior Center Reads (G) 11:30am Feldenkrais* (A) 1:00pm Bridge/Pinochle (Lg) 2:30pm Dynabands* (MP2)</p>	<p>22 7:30am Fitness For Life* & 8:45am* (MP2) 8:30am Driver Safety Class* (G) 8:45am Walk N' Talk/Pehlke Pacers (Ly) 9:00am Social Security (Lib) 10:00am Transitions Group (Lib) 10:00am Men's Group (A) 10:30am Fusion Belly Dance* (MP2) 1:00pm Hem & Haw (A) 1:00pm Poker (Lg) 1:00pm Genealogy Library Hours (Lib) 2:00pm Dynabands* (MP2) 3:30pm Line Dance* (MP2)</p>	<p>23 8:15am Intermediate Yoga* (A) 9:00am Gallery Glass* (V) 9:30am Memoirs* (MP2) 9:30am Bridge Lessons* (G) 10:30am Chair Yoga* (A) 12:30pm Bingo (V) 1:00pm Bridge Lessons* (G) 1:30pm Breathers Support Group 2:30pm Dynabands* (MP2)</p>	<p>24 7:30am Fitness For Life* & 8:45am* (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) 1:00pm Genealogy Library Hours (Lib) 2:00pm Dynabands* (MP2) 2:15pm Jam Session & Dance (MP1)</p>
<p>27 7:30am Fitness For Life* & 8:45am* (MP2) 8:15am Intermediate Yoga* 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 Scrabble/Bridge/Mah Jongg/Canasta (G) 2:00pm Dynabands* (MP2) 3:30pm Tap Dancing (V) 6:30pm Social Bridge (G)</p>	<p>28 9:00am SCD Board Meeting 9:00 am Tai Chi* (MP2) 9:30am Ceramics (V) 10:00am Literary Local – Adair Gasparian* (G) 1:00pm Bridge/Pinochle (Lg) 1:30pm Parkinson's Support Group (MP1) 2:30pm Dynabands* (MP2) 7:00pm Internet Users Group (A)</p>	<p>29 7:30am Fitness For Life* & 8:45am* (MP2) 8:45am Walk N' Talk/Pehlke Pacers (Ly) 10:00am Driving Wellness Class* (V) 10:30am Fusion Belly Dance* (MP2) 1:00pm Hem & Haw (A) 1:00pm Poker (Lg) 1:00pm Genealogy Library Hours (Lib) 2:00pm Dynabands* (MP2) 3:30pm Line Dance* (MP2)</p>	<p>30 8:15am Intermediate Yoga* (A) 9:30am Memoirs* (MP2) 9:30am Bridge Lessons* (G) 10:30am Chair Yoga* (A) 12:30pm Bingo (V) 1:00pm Bridge Lessons* (G) 2:30pm Dynabands* (MP2)</p>	<p>31 7:30am Fitness For Life* & 8:45am* (MP2) 8:45am Walk N' Talk/Pehlke Pacers (Ly) 9:30am Watercolor Painting (V) 12:15pm Zumba* (MP2) 12:15pm Video with talk by Dr. Maria Jaoudi (G) 12:30pm Nostalgics (MP1) 1:00pm Genealogy Library Hours (Lib) 1:30pm Speak with Assemblywoman Mariko Yamada 2:00pm Dynabands* (MP2)</p>