

Senior Scene

DAVIS SENIOR CITIZENS CENTER

646

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Email: seniorservices@cityofdavis.org

www.cityofdavis.org/cs/seniors/

SUMMER PARKING LOT SALE

Do you need to clean out those closets and garages, or do you just like "snooping" for bargains? Check out the Davis Senior Center's Summer Parking Lot Sale, on **Saturday, June 27, 8:00 a.m. - 12:30 p.m.**



Space rentals are currently available at the Senior Center front desk. The cost for a space is \$15 per two parking stalls, and spaces may be shared. You may even pick your selling space! The number of spaces is limited, so reserve your spot early for this fun event. Admission is free for buyers, and all browsers and buyers are welcome! For more information, please stop by the front desk or call Alisa at 757-5696.

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

CELEBRATE DAD'S DAY WITH WORLD SERIES HIGHLIGHTS

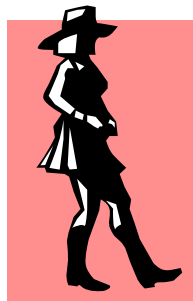
Take me out to the ball game! Come celebrate father's day by watching highlights of past World Series Baseball games past on **Thursday, June 18 from 1:00 - 2:00 p.m.** We will enjoy peanuts, popcorn and crackerjacks! Everyone is welcome to attend, but you must wear your favorite team's colors! Sign up at the Senior Center front desk, 757-5696.



LINE DANCE



Learn how to country line dance with Indra Tracy. This weekly one-hour class is for beginners and experts alike. Lessons will be taught through simple steps in a comfortable stress free environment. Class meets **Wednesdays, 3:30 - 4:30 p.m. beginning June 3**, the fee is \$16. per session



SENIOR CITIZENS OF DAVIS Building for a Better Tomorrow

FLAG DAY ENP/MEALS ON WHEELS BENEFIT LUNCHEON, JUNE 2, 11:00 A.M.



Notice: New program starting time is 11:00 a.m., with 20 minutes of patriotic music sung by an ensemble of our own Nostalgics, directed by Barbara Hodson. Sing along if you wish.

This wonderful fundraiser for Meals on Wheels is a historical look at the seven flags used throughout U. S. history moderated by Glen Baxter.

Margaret Mikkelson will play patriotic music as the colors are presented.

We have an added surprise and pleasure for all, as we have added soprano Ms. Marguerite Morris, who performs with the Davis Musical Theater Company, to sing our finale songs.

Remember, the \$10 cost all goes to the Elderly Nutrition / Meals on Wheels Program. Advance reservations are **required by Thursday, May 28**. No exceptions.

LOAD YOUR SCRIP CARD!

We invite you to continue to support senior programs by joining the new “scrip” fundraising program through Nugget Markets. Most of you received the scrip cards in last month’s Scene newsletter, but have yet to “load” them. You can load and reload a scrip card at Nugget checkout stands with a specified dollar amount, using funds from any payment source (ATM, credit card, check and cash). The loaded scrip card then functions like an ATM card at the check stand. Nugget will donate 3% of your scrip purchase to the pre-designated non-profit of your choice – in this case, Senior Citizens of Davis.

If you need a scrip card for yourself or for someone else willing to participate, they are available at the Senior Center and at Nugget Markets. Thanks for making the extra effort to support our programs!

NUGGET VOLUNTEERS

A final thanks to all the Senior Center volunteers who helped to coordinate our Nugget receipt fundraiser program over the years. There have been too many to thank here individually, but they all played a key role in raising thousands of dollars in support of senior center programs. Thanks!

SUNSHINE LADY

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

Get well cards to Kay Ogasawara, Virnelle Triebisch, Mary MacKay, Wilda Cappelletti and Frances Dawson.

Thinking of You cards to Robert Bruce and Rush Darigan.

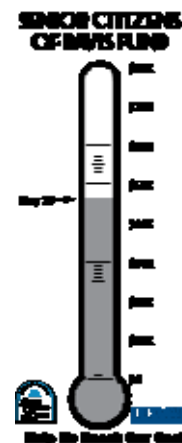
Sympathy card to family of Darrell Behymer for death of mother, Bernice Gleason, Reed Manson for death of mother, Dorothy Maxson, family of Michael Scimens, family of James Thomas Allen, and family of Hubert “Hugh” Damesyn.

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.

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.



MOVIES

Videos to Go is going out of business. We wish to thank this Davis business for its unfailing support. For more than 15 years, Videos to Go provided the movie videos at no charge for our Friday showings at the Davis Senior Center. We will miss owner Brenda and her staff, and wish them the best. (Don't worry, we will continue showing movies on Fridays!)

June 5– The Long, Hot Summer (1958) 1 hour 55 minutes - Ben Quick arrives in Frenchman's Bend, MS after being kicked out of another town for allegedly burning a barn for revenge. Will Varner owns just about everything in Frenchman's Bend and hires Ben to work in his store. Will thinks his daughter, Clara, a schoolteacher, will never get married and decides that Ben Quick might make a good husband for Clara.

June 12 – Ironman (2007) 2 hours 5 minutes – After surviving an expected attack in enemy territory, jet-setting industrialist Tony Stark builds a high-tech suit of armor and vows to protect the world as Iron Man. Straight from the pages of the legendary comic book. Iron Man is a hero who is built – not born - to be unlike any other!

June 19 - Frequency (2000) 2 hours - A rare atmospheric phenomenon allows a New York City firefighter to communicate with his son 30 years in the future via short-wave radio. The son uses this opportunity to warn the father of his impending death. However, changing history triggers a new set of events, including the murder of his mother.

June 26- Whale Rider (2002) 1 hour 45 minutes - Pai, an 11-year-old girl in a patriarchal New Zealand tribe, believes she is destined to be the new chief of her people, but her grandfather, Koro is bound by tradition to pick a male leader. Pai loves Koro more than anyone in the world, but she must fight him and a thousand years of tradition to fulfill her destiny. (This is the first of two films in this summer's film spirituality series. See page 8.)

THE GIFT OF GIVING

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

Davis Dynamos	\$150
Duplicate Bridge – Monday	\$ 90
Handy Helpers	\$ 75
Hem & Haw (SCD)	\$ 53
Information & Assistance	\$ 32
Medical Equipment Donations	\$150
Miscellaneous	\$ 48
Piano Donations	\$ 5
Tap Dancers	\$ 20
Tuesday Pinochle	<u>\$ 10</u>
Total	\$633

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

TRANSIT INFORMATION

DAVIS COMMUNITY TRANSIT

Greetings from DCT!

We are now requiring that all customers wear their seatbelts when they are on the bus. If you have difficulty buckling your seatbelt, do not hesitate to ask the driver for assistance.



Please be reminded that beginning July 1 the 1-way fare to ride the bus will be \$2. 10-ride bus tickets will be \$20 and 20-ride bus tickets will be \$40. Also for the first time drivers will be selling 5-ride bus tickets for \$10. For your convenience, you may also purchase bus tickets at the Senior Center.

If you have any questions please call the DCT office at 757-4408.

**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, June 11, "Back
By Popular Demand."** Come for
turkey breast filled with bread stuffing and topped
with gravy, cranberry sauce, brussel sprouts, bread,
and cinnamon apples.

**Friday, June 19 "Father's Day
Celebrtion."** Pork chop with herb sauce, whipped
potatoes, stewed tomatoes, cornbread, and
applesauce.

Wednesday, June 24 "Happy Birthday."
Enjoy honey lime chicken, pan-style twice-baked
potatoes, carrots, French roll, fruit 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

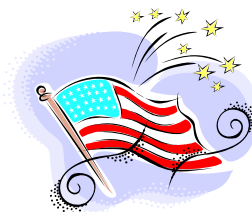
Suggested Donation for seniors over age 60: \$3.00
Essential ENP Volunteers under age 60: \$3.50
Guests under age 60: \$7.00*

*unless accompanied by senior spouse



RAISE THE FLAG

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



INFORMATION & ASSISTANCE

UPDATED RESOURCE GUIDE

The newest edition of the *2009 Yolo County
Senior Resource Guide* is now available. Printed
copies of the guide are available for a \$1 donation at
the front desk of the Senior Center. You may also
access the guide online at
www.cityofdavis.org/cs/seniors and click on
"Senior Resource Guide."

The guide is filled with the names, phone
numbers and websites of many services and
programs for older adults in Yolo County. You'll
find resources for advocacy, home care, legal
assistance, transportation and many other needs in
this handy 20-page document.

PARKS AND OPEN SPACE TAX REFUND

This is a city of Davis program for low-
income homeowners. For a 1-person household, the
maximum annual income level is \$25,400; for a 2-
person household the maximum is \$29,050. Forms
are available at the Senior Center and must be filed
with the city by Tuesday, June 30.

SCHOOL TAX REDUCTIONS

Monday, June 15, is the deadline to file for
three senior citizen tax reductions for the Davis
Joint Unified School District. They are the
Community Facilities District No. 1 (50% tax
reduction), and the Measure Q and the Measure W
parcel tax exemptions. (Since Measure W is new,
every eligible senior must file a full application to
receive the exemption this year.)

VOLUNTEER CORNER

MEALS ON WHEELS PROGRAM NEEDS DRIVERS



If you can spare 45
minutes to an hour, once or
twice a month, Meals on
Wheels would like you to
deliver some meals. They
are short of drivers and need people for a route or to
be on a substitute list. If you can help, please call
Ron at 757-5541 between 9:00 a.m. – 1:00 p.m.

To be eligible for the reduction, the property owner, or eligible spouse, must be at least 65 years of age before July 1, 2009, and the dwelling must be the primary residence of the property owner.

If you applied for the tax reduction for CFD #1 and for the tax exemption for Measure Q for the previous year (2008-09 tax year) you should have received a renewal card for each tax in May. The renewal cards must be signed and returned to the school district by June 15 to receive the tax reduction for the 2009-2010 tax year. Please note, if you did not receive a renewal card in the mail, it is your responsibility to contact the school district or to complete the applications.

Forms for CFD #1, Measure Q and Measure W are available online at www.djusd.net, at the School District office at 526 B Street, and at the Senior Center.

If you need help in completing the forms, please contact Lisa at 757-5696.

DMV ONLINE

The Department of Motor Vehicles has a website where you can take care of your DMV business from the comfort of your own home. The website allows you to complete vehicle registration and license renewal, change of address and appointment scheduling. The website also has a section dedicated specifically for older adults. Go to www.dmv.ca.gov. Go to the pop up menu in the center of the page labeled: "How Do I." Select "Get Information for Seniors."



And, remember, the DMV makes available sample written tests. They are accessible online at www.dmv.ca.gov. Printed copies of the sample tests with answers also are available at the Senior Center for a \$2 donation.

GOVERNMENT INFORMATION

For free, official government information and help, go online to www.USA.gov. You can also call toll-free 1-800-333-4636 (1-800-fed-info), Monday-Friday 5:00 a.m. – 5:00 p.m. Pacific time, to get the help you need directly from information agents. Help is available in English and Spanish.

HOMEOWNERS & RENTERS ASSISTANCE CANCELLED

The California State budget for 2008/2009 and 2009/2010 fiscal years does not contain funding for the Homeowners and Renters Assistance Program (HRA). Therefore, Senior Center volunteers will not be processing HRA applications for this year. In past years, the program has assisted disabled and elderly homeowners and renters with an annual refund check. The state has provided no indication of an intent to restart the program.

MEDICARE QUESTIONS?

A Health Insurance Counseling and Advocacy Program (HICAP) representative will be available before lunch on **Friday, June 5, 10:30-11:30 a.m.** at the Senior Center. He'll give you information about the organization and how their volunteers can help you with any questions or issues about Medicare. HICAP also handles questions about supplemental insurance, Medicare prescription drug coverage and long-term care insurance. Feel free to drop by. No appointments needed.

**Happy
Father's
Days**

HEALTH & WELLNESS

SHARPS DISPOSAL CONTAINERS

Free “sharps” containers are here! Since September of 2008, it has been illegal to dispose of home-generated sharps (syringes, needles and lancets) in the trash. Under the new law, home-generated sharps must be placed in an approved sharps container and brought to a hazardous waste disposal site. The goal is to reduce the amount of household hazardous waste disposed of at our landfill.



If you use sharps, you can now pick up a free 1-quart biohazard collection container at the Senior Center front desk.

MEDI-CAL & MEDICARE

If you receive your health coverage from both Medi-Cal (for low-income individuals) and Medicare, you might be interested in learning about Partnership Advantage Health Plan. Partnership is designed to serve low-income seniors and persons with disabilities. By combining Medicare, Medi-Cal and prescription drug coverage, Partnership Advantage allows members to receive all of their health care benefits in one package.

Partnership representative Dave McCallum will explain the program at the Senior Center on **Friday, June 12 at 10:00 a.m.** Please reserve your seat by calling 757-5696.

HEARING AID CHECK UP



Time to get your hearing aid cleaned? Or replace the battery in your hearing aid? Patrick Barga, of the Delta Hearing Center, will offer this free service at the Senior Center on **Thursday, June 25, 11:30 a.m. – 12:30 p.m.** Just drop in. No appointment needed.

BOOST YOUR VITAMIN D

USA Today reported in March that health experts are continuing to identify low levels of vitamin D among Americans. Vitamin D has long been seen as vital to bone health and is a possible aid against cardiovascular disease and cancer, yet more Americans are not getting enough of the

"sunshine vitamin."

Analyzing data from federal health surveys, researchers in a recent *Archives of Internal Medicine* reported that three out of four Americans have "insufficient" levels of vitamin D, up from about one out of two 20 years ago. Insufficient levels were nearly universal among African Americans and Hispanics.

Taking supplements is one way of increasing vitamin D levels, as is getting 10 minutes of sunlight on exposed arms and legs two to three times a week, researchers say, but it must be weighed against the risk for skin cancer.

KEEP EXERCISING AFTER HEART ATTACKS

Exercising can improve blood flow after a heart attack, but the benefit vanishes just four weeks after exercise is stopped, according to a recent Swiss study. It did not matter what type of exercise - aerobic, resistance or combined training - all were useful for correcting vascular dysfunction. But the improvement in blood flow seen in the 209 heart attack survivors enrolled in the program was lost four weeks after they stopped exercising, according to a recent report in the journal *Circulation*.

The study's researcher, Dr. Margherita Vona, says these data imply that good, long-term adherence to training programs is necessary to maintain vascular benefits on endothelial dysfunction. (The endothelium is the inner lining of blood vessels. Its failure to perform efficiently increases the risk of a blood clot that can block an artery, causing a heart attack.)

None of the exercises caused problems for the participants, researchers reported. Trial participants were randomly assigned to aerobic training, resistance training, a combination of aerobic and resistance training, or no training at all.

Those who did aerobic training had four weekly sessions, including a 10-minute warm-up, 40 minutes of cycling that increased the heart rate to 75 percent of maximum and a 10-minute cool-down. Resistance training had four weekly sessions of 10 exercises with weights and rubber bands, lasting 45 seconds to one minute, with recovery intervals of 15 to 30 seconds.

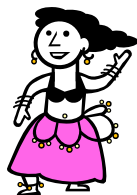
The study does add some insight to the well-worn subject of exercise and the heart, said Dr.

Johnny Lee, of Mount Sinai Medical Center in New York City. One is about the type of exercise that should be done, Lee said. "Most of the time, we tell patients about aerobic exercises -- running, jogging and swimming," he said. "We haven't thought that resistance exercise, lifting weights and the like, can have an equal benefit. This shows that it does. That there was benefit from aerobic exercise was no surprise. What was a surprise was that resistance exercise gave equal benefit."

Second, the loss of benefit after exercising stopped that was seen in the study participants, who by definition are in the highest cardiac risk group, carries a message for lower-risk people. Lee said, "If this applies to the sickest patients, that if you stop you are going to lose the benefit, it shows that continuing to exercise can only have a positive effect if you are a normal subject with no heart disease."

FUSION BELLY DANCE!

Fusion mixes belly dance with other dance styles including, salsa, flamenco, hula and hip-hop. This class is geared toward beginners. Belly dance is an excellent exercise for flexibility, strength, endurance and weight loss. The instructor encourages all fitness levels, shapes, and sizes. Please wear comfortable clothing for movement. This class will meet **Wednesdays, 10:30 - 11:30 a.m. beginning June 3, the fee is \$16.**



NORDIC WALKING CLASS

Nordic walking can turn your daily walk into a total-body workout. It's different than trekking with poles for support. It's a way to use poles to burn more calories and enhance the cardio aspects of your workout – without walking faster or longer. Leki certified instructor Kendra Densmore will be holding a three week Nordic Walking course which begins **Monday, June 1, from 9:30 to 10:30 a.m.** Poles will be provided to class participants. The class is limited to the first 6 people who register. Those who are interested must be steady on their feet and able to walk about 1.5 miles briskly. The series cost is just \$30 per person for all three lessons. Register at the Senior Center.

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 - Beginning (W 10:00-11:30 p.m.)	June 17 \$10/res/\$16/\$22non-res
Dynabands (T, Th 2:30-3:30 p.m.)	Ongoing – June 26 \$8 res/\$14/\$20non-res
Dynabands (MWF, 2-3:00 p.m.)	Ongoing – June 30 \$10/res/\$16/\$22non-res
Feldenkrais (continuing) (T, 10:15-11:15 a.m.)	June 2 – 30 \$21 res/\$27/\$33 non-res
Feldenkrais (new students) (T, 11:30 a.m.-12:30 p.m.)	June 2 – 26 \$21 res/\$27/\$33 non-res
Fitness for Life – Adv. (MWF, 7:30-8:30 a.m.)	June 1 - 29 \$46 res/\$52/\$58 non-res
Fitness for Life – Beg. (MWF, 8:45-9:45 a.m.)	June 1 – 29 \$46 res/\$52/\$58 non-res
Fusion Belly Dance (W, 10:30-11:30 a.m.)	June 3 – 24 \$16 res/\$22/\$28 non-res
Line Dance (W, 3:30-4:30 p.m.)	June 3 – 24 \$16 res/\$22/\$28 non-res
Nordic Walking (M, 9:30-10:30 a.m.)	June 1 – 15 \$30 res/\$36/\$41 non-res
Tai Chi/Chi Gung (T, 9:00-10:00 a.m.)	June 2 – 30 \$25 res/\$31/\$37 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, 8:00-10:00a.m.)	June 4 – 25 \$70 res/\$76/\$82 non-res
Yoga – Chair (M,Th, 10:30-11:30 a.m.)	June 4 – 25 \$36 res/\$42/\$48 non-res
Zumba - (F, 12:30 – 1:15 p.m.)	May 1 – 29 \$20 res/\$26/\$32 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

COMPARATIVE LITERATURE CLASS

Doris Earnshaw, retired professor of Comparative Literature at UC Davis and Berkley, will be holding a short-story reading and discussion every **Wednesday, 1:00 -2:00 p.m., throughout the month of June, starting June 3.** The book to be discussed is The Kiss and Other Stories, by Anton Chekhov. Participants are welcome to have read as much, as little, or none of the book. Everyone is welcome to attend. Please sign up for this free program at the front desk or 757-5696.

FILM SPIRITUALITY SERIES

Join Dr. Maria Jaoudi, professor of humanities and religious studies at CSUS, for a special 2-part film series this summer examining the spiritual dimensions of films from around the world. Last summer, a similar series proved to be provocative and popular. The cinematic arts are examined in relationship to religious concerns, concepts, and values. Dr. Jaoudi will lead a discussion about each film. *Whale Rider* will be shown on **Friday, June 26** and *Monsoon Wedding* on **Friday, July 24 at 12:15 p.m.**

DRIVERS SAFETY CLASS

A renewal AARP Driver Safety Class will be offered at the Senior Center on **Wednesday, July 8, 8:30 a.m. - 12:30 p.m.** This class may be taken if you have successfully completed the two-day class within the last 3 years. 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 made out to AARP at the Senior Center office.



CLASSIC MOVIE TRIVIA

Take a stroll down memory lane right into tinsel town! Come for a afternoon of fun, friends and classic movie trivia! Put your knowledge to the test in a jeopardy-style classic movie trivia game complete with prizes.

Friday, June 5 at 2:30 p.m. Sign up at the Senior Center or call 757-5696. Here are some trivia questions to get you warmed up.

1. Maria and Tony are a modern-day Romeo and Juliet. Their romance takes place in New York City, where racially motivated clashes between the Sharks and the Jets have tragic consequences.

- A. The Sharks and the Jets
- B. Maria, Maria
- C. East Side Story
- D. West Side Story

2. Rick Blaine, an expatriate nightclub owner, and Victor Laszlo, Resistance hero, are both in love with Ilse, Laszlo's beautiful wife. The film takes place in occupied Morocco, at the beginning of World War II.

- A. Casablanca
- B. Algiers
- C. Morocco
- D. Play It Again, Sam

3. Randel Patrick McMurphy, a wily and defiant mental hospital inmate, tries to rouse his fellow patients against a tyrannical nurse.

- A. The Hospital
- B. One Flew Over the Cuckoo's Nest
- C. The Defiant Ones
- D. Crazy Like a Fox

ODD FELLOWS BINGO SUNDAY

The Davis Odd Fellows, Lodge # 169, invites you to monthly Bingo on the second Sunday of each month.

The next Bingo will be held on **Sunday, June 14** at the Davis Odd Fellows Hall, 415 Second Street in downtown Davis. Doors open at 12:30 p.m. with the first game beginning at 1:00 p.m. and the last game ending around 3:30 p.m. Bingo packs can be purchased at the door for \$12 or \$20. You may purchase as many as you wish.

All proceeds go to non-profit and charitable organizations.



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, June 17 at 10:00 a.m.

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

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

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

PROSTATE CANCER SUPPORT GROUP – On Monday, June 8 at 6:30 p.m., the group welcomes Dr. William Chancellor. He will lead a discussion of salvation radiation, which is a treatment offered for men who are experiencing reoccurrence. The group has survivors who are available to assist other men who are seeking answers to questions about various treatments and coping with side effects. For further information, call 758-8322 or 756-9153.

TRANSITIONS GROUP - Wednesday, June 10 & 24 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.

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 cweb@cityofdavis.org.

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, June 20 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, June 16 at 9:30 a.m. to review some of the new books currently available. The next Senior Center Reads will be on July 21 at 10:30 a.m.

CURRENT EVENTS DISCUSSION GROUP

The discussion group will meet on Friday, June 5 & 19 at 2:00 p.m. Anyone is welcome to drop in and join the discussion. Historical and timely events of interest are featured.

LGBT Tea GROUP

Creating community for gays and lesbians 50+ meets on first and third Thursday, June 4 and 18 at 3:30 p.m.

GENEALOGY CLUB & LIBRARY

Please join us Monday, June 29 at 1:00 p.m. for our monthly meeting with a program titled, "Salt Licks, Mill Seats, and Jack Daniel's Surveys: Using Land and Property Maps to Further Your Genealogical Research."

European explorers and immigrants coming to America brought with them their own ideas of

how to survey and map land. Where different survey systems met in the western United States, lawsuits inevitably followed. Entrepreneurial Americans modified these systems and created a commercial mapping industry that survives today.

This lecture tells the story of how American land was mapped and describes the types of maps and atlases associated with land surveys, sale, and celebration of land ownership that are helpful in genealogical and local history research.

Our speaker, Melinda Kashuba is a freelance writer and researcher. She teaches geography at Shasta College in Redding, California and is a popular lecturer and author of *Walking with Your Ancestors: a Genealogist's Guide to Using Maps and Geography*, plus numerous articles in genealogical magazines and other publications.

Please join us for this cooperative presentation on **June 29 at 1:00 p.m.** Guests are most welcome and encouraged to come to our meetings!

Our library, open on Wednesday and Friday from 1:00 to 4:00 p.m., is open to the public. Volunteers are available during these hours to help with questions.

To learn more about the Davis Genealogy Club and Library, visit our website at www.davisgenealogy.org. 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 so we hope you'll come and enjoy the programs. On **Tuesday, June 23**, we will discuss "other" search engines. Google is not the only useful search engine on the Internet, so we will look at some others to find the differences. Some of the ones we look at will be cutting-edge-new. Part of the meeting will be a competition between the two sides of the room. There will be prizes for members of the winning team! Come to compete!

For more information: Anne Hance rahance@dcn.org or Lois Richter 530-758-5058. If you have a specific question that you'd like answered in some detail at the meeting please email to Anne at rahance@dcn.org

MAC USERS GROUP

This group will be meeting on **Tuesday, June 9, 6:30 - 8:30 p.m.** For more information, call Eric Thompson at 758-3098.

NO DANCE & JAM SESSION JUNE 12

The usual music and dancing is cancelled on Friday, June 12, due to the absence that day of Sally Maness, fearless leader of "Music from the Back Room." Sally will return, and this activity will resume, on **Friday, June 26.**

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, June 19, 1:00 - 3:00 p.m.** All you need is to bring a treat to share, and a willingness to giggle, laugh & truly have some fun!

RED HAT SOCIETY LUNCHEON



DSC ROCKERS

Join our Red Hat Society group for "Round Table Pizza"

2151 Cowell Blvd. at Pole Line Road

Tuesday, June 23 at 11:30 a.m.

RSVP: Joyce at 758-4757 no later than June 21.

DAVIS STAMP CLUB

The Davis Stamp Club will meet **Tuesday, June 2, 7:00 - 8:00 p.m.** For more information, call Anne Hance at 753-7265.

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).

ARTS & CRAFTS

ART APPRECIATION

This is a quick and easy course taught by Gay Powers using video, art library, and prints. Students will trace famous masters with colored pencils which are provided. Topics include Intro to Renaissance, Painters of Renaissance, European Landscape, American Abstract Expressionism, and Jackson Pollock and beyond. Classes start **Tuesday, June 2 at 3:00 p.m.** and fee is \$15. Must sign up before start date at the front desk.

CERAMICS

This group provides a great introduction to the wonderful hobby of ceramics! Students purchase their own greenware, according to personal taste and project needs, and then are provided with a large variety of glazes, stains and decals prior to firing. The \$5 monthly fee covers the use of all glazes and stains, as well as the use of our on-site kiln. Participants are supported by volunteer instructors, who can assist students and make recommendations as desired.

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

CRAFT CLASSES

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

- **June 4** *Welcome Sign, No-Sew*

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

ONE-STROKE PAINTING

In May, instructor Sandra Gray-Fitzpatrick will teach two classes on **Thursday mornings, June 11 & 18, 9:00 - 11:30 a.m.** These classes are \$8 each. There are additional fees for materials payable to the instructor on the first day, and non-residents. For more information, contact the Senior Center. Pre-registration is required.

OIL & ACRYLIC PAINTING: OPEN ART STUDIO



The oil & acrylic group is looking for new artists to share their talents with us at our Monday morning open studio activity. 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

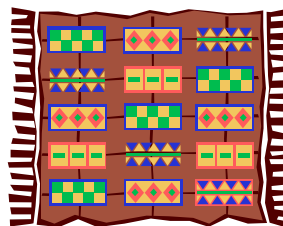
Chris Shackel instructs the watercolor class on **Fridays in June** at the Center. Chris teaches at the Davis Art Center and also volunteers and shares her painting skills with our seniors.

Bring the usual supplies as instruction begins at 9:30 a.m. and ends around 11:30 a.m.. Painters arrive around 9:00 a.m. to set up and visit. No experience necessary and everyone who wants to paint in watercolor is welcome.

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.

PROJECT LINUS




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

For more information, contact Diane McGee at 753-3436 or via email at mcgeedav@dcn.org.

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/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 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, June 11 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** – 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.

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****June 10 – Sisters of Swing** – Wait list.**June 25 – Redhawk Casino** – Wait list.**July 18 – Annual Shopping Trip to Nordstrom** – San Francisco, \$35.**July 22 – Smokey Joe’s Café** \$85.**August 6 – Georgia O’Keeffe and Ansel Adams** –

At the Museum of Modern Art in San Francisco.

Two of America’s best known artists developed a life long friendship and sometimes traveled together to sites that became subjects of their artwork.

Experience the urban oasis of MOMA’s new rooftop garden. Audio tour included. Lunch on your own. \$69.

August 20 – Bridges of the Bay – Wait list.**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** – Orchestra seating for the beloved musical set on a tropical island during World War II. Presented at the Golden Gate Theatre, San Francisco. Lunch hosted 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 – In the towns of San Juan Bautista and San Luis Obispo, tour the Missions and/or visit local shops. Tour Vandenberg Air Force Base, headquarters for space and missile testing, with lunch at the Base Café. Visit Los Olivos, a Victorian village with one of the finest art colonies on the West Coast. In the Valley of the Oaks, along the old El Camino Real, Julia Morgan built a ranch home for Wm. Randolph Hearst. Today it is located inside Fort Hunter – Liggitt and operated as a hotel. There we will find California’s third Spanish Mission, San Antonio de Padua. Then on to the Sea Crest Hotel at Pismo Beach for two nights. (Our rooms will have ocean views.) Included are breakfasts, dinner at F McLintocks Saloon and Dining House and lunch at the Madonna Inn. \$450 pp., dbl., ss add \$113.**November 19 – Richard Avedon at the San Francisco Museum of Modern Art** and lunch at the Palace Hotel.**December 2 - Poinsettia Farm** – Duarte’s Poinsettia Farm and lunch at Hazel’s in Modesto. \$79.**December 24 – 26 – Christmas in Yosemite** - \$850.**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.

Davis Senior Center Activities – June 2009

Monday	Tuesday	Wednesday	Thursday	Friday
1 7:30am Fit For Life* & 8:45 am (MP2) 8:15am Intermediate Yoga* 10:30am Chair Yoga*(V) 8:30am Veterans Services 8:45am Walk N' Talk/Pehlke Pacers (Ly) 9:00am Oil/Acrylic Painting (V) 9:30am Nordic Walking*(Outside) 12:30pm Duplicate Bridge (MP1) 1:00pm Genealogy 1:00pm Scrabble/Bridge/Mah Jongg/Canasta (G) 2:00pm Dynabands* (MP2) 3:00pm Tap Dancing (V) 6:00pm Social Bridge (G)	2 9:00am Ceramics (V) 9:00am Tai Chi (A) 10:15am Feldenkrais (A) 11:30am Feldenkrais (A) 11:00am SCD Luncheon/Business Mtg. (MPR) 1:00pm Bridge/Pinochle (Lg) 2:30pm Dynabands * (MP2) 3:00pm Art Appreciation*(V) 7:00pm Stamp Club (G)	3 7:30am Fitness For Life* & 8:45 am (MP2) 8:45am Walk N' Talk/Pehlke Pacers (Ly) 9:00am Peer Counselors Meeting (V) 10:30am Fusion Belly Dance*(MP2) 1:00pm Comparative Literature Class*(G) 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)	4 8:15am Intermediate Yoga* (A) 9:00am Craft Class* (V) 9:30am Memoirs* (MP2) 10:30am Chair Yoga* (A) 12:30pm Bingo(V) 2:30pm Dynabands * (MP2) 3:30pm LGBT (G)	5 7:30am Fitness For Life* & 8:45 am (MP2) 8:45am Walk N' Talk/Pehlke Pacers (Ly) 9:30am Memoirs* (A) 9:30am Watercolor Painting (V) 10:30am Medicare Answers (MP1) 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) 2:30pm Movie Trivia (G)
8 7:30am Fitness For Life* & 8:45 am (MP2) 8:15am Intermediate Yoga* 10:30am Chair Yoga*(A) 8:30am Veterans Services 8:45am Walk N' Talk/Pehlke Pacers (Ly) 9:00am Oil/Acrylic Painting (V) 9:30am Nordic Walking*(Outside) 12:30pm Duplicate Bridge (MP1) 1:00pm Genealogy 1:00pm Scrabble/Bridge/Mah Jongg/Canasta (G) 2:00pm Dynabands* (MP2) 2:00pm Legal Assistance* 3:00pm Tap Dancing (V) 6:00pm Social Bridge (G) 6:30pm Prostate Cancer Support Group	9 9:00am Ceramics(V) 9:00am Tai Chi* (MP2) 10:15am Feldenkrais* no class today 11:30am Feldenkrais* no class today 10:30am Blood Pressure Check (MP1) 1:00pm Bridge/Pinochle (Lg) 2:30pm Dynabands * (MP2) 3:00pm Art Appreciation*(V) 6:30pm Mac Users Group (A)	10 7:30am Fitness For Life* & 8:45 am (MP2) 8:45am Walk N' Talk/Pehlke Pacers (Ly) 10:00am Transitions Group (Lib) 10:30am Fusion Belly Dance*(MP2) 1:00pm Comparative Literature Class*(G) 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)	11 8:15am Intermediate Yoga* (A) 9:00am One-Stroke Painting* (V) 9:30am Memoirs* (MP2) 10:30am Chair Yoga* (A) 12:30pm Bingo(V) 2:30pm Dynabands * (MP2) 2:30pm Senior Commission Mtg. (MP1)	12 7:30am Fitness For Life* & 8:45 am (MP2) 8:45am Walk N' Talk/Pehlke Pacers (Ly) 9:30am Watercolor Painting (V) 9:30am Memoirs* (A) 10:00am Medi-Cal & Medicare Talk* 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 Cancelled today only
15 7:30am Fitness For Life* & 8:45 am (MP2) 8:15am Intermediate Yoga* 10:30am Chair Yoga* (A) 8:30am Veterans Services 8:45am Walk N' Talk/Pehlke Pacers (Ly) 9:00am Oil/Acrylic Painting (V) 9:30am Nordic Walking*(Outside) 12:30pm Duplicate Bridge (MP1) 1:00pm Genealogy 1:00pm Scrabble/Bridge/Mah Jongg/Canasta (G) 2:00pm Dynabands* (MP2) 3:00pm Tap Dancing (V) 6:00pm Social Bridge (G)	16 9:00am Ceramics(V) 9:00am Tai Chi* (MP2) 9:30am Book Review (G) 10:15am Feldenkrais* (A) 11:30am Feldenkrais* (A) 1:00pm Bridge/Pinochle(Lg) 2:30pm Dynabands * (MP2) 3:00pm Art Appreciation*(V)	17 7:30am Fitness For Life* & 8:45 am (MP2) 8:45am Walk N' Talk/Pehlke Pacers (Ly) 10:00am Beginning Balance Class* (A) 10:00am Alzheimer's Support Group (Lib) 10:30am Fusion Belly Dance*(MP2) 11:00am Food Distribution (MP2) 1:00pm Comparative Literature Class*(G) 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*	18 8:15am Intermediate Yoga* (A) 9:00am HICAP Appts* 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 Father's Day TV Baseball Highlights(MP1) 1:00pm Bridge Lessons*(G) 2:30pm Dynabands * (MP2) 3:30pm LGBT (G)	19 7:30am Fitness For Life* & 8:45 am (MP2) 8:45am Walk N' Talk/Pehlke Pacers (Ly) 9:30am Watercolor Painting (V) 9:30am Memoirs* (A) 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) Sat., June 20, 12:00 – 3:00 pm SCD Bingo (V)
22 7:30am Fitness For Life* & 8:45 am (MP2) 8:15am Intermediate Yoga* 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 Scrabble/Bridge/Mah Jongg/Canasta (G) 2:00pm Dynabands* (MP2) 3:00pm Tap Dancing (V) 6:00pm Social Bridge (G)	23 9:00am Ceramics(V) 9:00am Tai Chi* (MP2) 10:15am Feldenkrais* (A) 11:30am Feldenkrais* (A) 1:00pm Bridge/Pinochle (Lg) 1:30pm Parkinson's Support Group (MP1) 2:30pm Dynabands * (MP2) 3:00pm Art Appreciation*(V) 7:00pm Internet Users Group (A)	24 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) 10:30am Fusion Belly Dance*(MP2) 1:00pm Comparative Literature Class*(G) 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)	25 8:15am Intermediate Yoga* (A) 9:00am Gallery Glass painting*(V) 9:30am Memoirs* (MP2) 9:30am Bridge Lessons* (G) 10:30am Chair Yoga* (A) 11:30am Hearing Aid Check Up 12:30pm Bingo(V) 1:00pm Bridge Lessons*(G) 1:30pm Breathers Support Group 2:30pm Dynabands * (MP2)	26 7:30am Fitness For Life* & 8:45 am (MP2) 8:45am Walk N' Talk/Pehlke Pacers (Ly) 9:30am Watercolor Painting (V) 9:30am Memoirs* (A) 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) Sat., June 27, 8:00 a.m. – 12:30 pm Parking Lot Sale
29 7:30am Fitness For Life* & 8:45 am (MP2) 8:15am Intermediate Yoga* 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 Scrabble/Bridge/Mah Jongg/Canasta (G) 1:00pm Genealogy Club Meeting (A) 2:00pm Dynabands* (MP2) 3:00pm Tap Dancing (V) 6:00pm Social Bridge (G)	30 9:00am Ceramics(V) 9:00am Tai Chi* (MP2) 10:15am Feldenkrais* (A) 11:30am Feldenkrais* (A) 1:00pm Bridge/Pinochle (Lg) 2:30pm Dynabands * (MP2) 3:00pm Art Appreciation* (V)	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

**Elderly Nutrition Program in Yolo County
People Resources, Inc**

June 2009

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

Monday June 1	Tuesday June 2	Wednesday June 3	Thursday June 4	Friday June 5
*Fruit Juice+ Breaded Fish w/Tartar Sauce *Quinoa Mixed Vegetables*+ *Whole Wheat Bread	*FLAG DAY /MEALS ON WHEELS BENEFIT LUNCHEON No ENP Meal Toady MOW Delivery Only	**Ham & Swiss Sandwich On Whole Wheat *Potato Salad+ **Ambrosia+	*Fruit Juice+ **Four Cheese Lasagna w/Beef Tossed Garden Salad* *Garlic Bread	*Delightful Chicken Salad w/Grapes & Toasted Nuts *Savory Chilled Rice Salad *Wheat Crackers **Sunshine Gelatin Delight+*
Monday June 8	Tuesday June 9	Wednesday June 10	Thursday June 11	Friday June 12
*Fruit Juice+ Oven Fried Chicken *Scalloped Potatoes *California Vegetable Blend* *Wheat Bread	* Chef Salad (Turkey, Ham, Tomatoes, lettuce and 1000 Island Dressing) *Pasta Salad *Wheat Crackers Fresh Fruit+	*Cheese Enchilada *Garden Salad* w/Garbanzos *Tex-Mex Vegetables *Tortilla Chips & Salsa *Fruit Juice+	Back By Popular Demand **Turkey Breast filled w/Bread Stuffing & topped w/Gravy Cranberry Sauce *Brussel Sprouts+ *Bread *Cinnamon Apples	*1/2 Tuna Sandwich on Whole Wheat w/lettuce and tomato *3 Bean Salad **Cottage Cheese w/Pineapple+
Monday June 15	Tuesday June 16	Wednesday June 17	Thursday A June 18	Friday June 19
Paprika Chicken *Served over Noodles Cauliflower+ *Whole Wheat Bread *Mixed Fruit	**Hamburger w/Bun & condiments *Oven Crispy Potatoes **Berry Crisp+	*Chicken Spinach Salad w/Garlic Toast **Fruit Gelatin Supreme+ Fresh Veggies*	Lemon Pepper Fish w/Tartar Sauce *Confetti Brown Rice *Broccoli Salad *Whole Wheat Roll *Juice+	<i>Father's Day Celebration</i> Pork Chop w/Herb Sauce *Whipped Potatoes+ Stewed Tomatoes+ *Cornbread *Applesauce
Monday June 22	Tuesday June 23	Wednesday June 24	Thursday June 25	Friday June 26
**Salisbury Steak w/Onions *Baked Barley & Mushrooms *Green Beans *Whole Wheat Bread *Fresh Fruit+	**Greek Salad topped w/Feta & Jack Cheese, Artichokes, Olives, Egg, Creamy Dressing *Macaroni Salad *Wheat Crackers *Fruity Gelatin Parfait+	<i>Happy Birthday!</i> Honey Lime Chicken *Pan Style Twice Baked Potatoes *Carrots *French Roll *Fruit Juice+ **Birthday Cake	**Ricotta Tortellini Zucchini w/Tomato Basil **Baguette *Fruit Juice+	**Turkey Under Wraps (Turkey in a Flour Tortilla w/Spring Mix & Seasoned Spread) Creamy Cucumber Salad *Fresh Fruit+
Monday June 29	Tuesday A June 30			
*Chicken & Vegetable Béarnaise *Served w/Potatoes+ *Whole Wheat Bread *Apricots*	**Open Face Pizza Mixed Vegetables* *Whole Wheat Bread **Fruit Cup+	+ 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)	\$7.00 GUEST FEE for people under 60 unless accompanied by their senior spouse

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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