

Senior Scene



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www.cityofdavis.org/cs/seniors/

HEALTH & FITNESS DAY – FITNESS IS A GOOD MOVE!

To celebrate Older American Month, the Senior Center is again participating in National Senior Health and Fitness Day on **Wednesday, May 27**. Get moving with our annual fitness walk (about a mile), led by the Cal Aggie Marching Band-uh!



In addition, Atria Covell Gardens will provide a healthy breakfast, and UCD geriatrician Dr. Michael K. McCloud will speak on health and fitness. Following that we'll offer several fitness class demonstrations by Belinda Bair (DynaBands and Fitness for Life instructor) and Marg Bartosek (Feldenkrais, Gaining Balance and Bones for Life instructor).

While the walk is free, there is a minimal charge of \$2 per person for the breakfast and advance reservations are required. Please contact the Senior Center, 757-5696, or email Alisa Fisher at afisher@cityofdavis.org.

SCHEDULE OF EVENTS – May 27

- 8:15-8:45 a.m.** On-site Event Registration
- 8:45-9:00 a.m.** Warm Up
- 9:00-9:30 a.m.** Fitness Walk
- 9:30-10:00 a.m.** Continental Breakfast*
(*Requires advance registration)
- 10:00-10:45 a.m.** Dr. Michael K. McCloud -
“*Finishing Strong in the Second Half: A Geriatrician’s Secrets Revealed*”
(see page 8 for more information)
- 10:45-11:30 a.m.** Fitness class demonstrations

EVENT VOLUNTEERS NEEDED

Want to help us out on Health and Fitness Day? We need volunteers for the check-in table, breakfast buffet, traffic control, setup changes, etc. Please call 757-5696 to sign up for a volunteer shift.

Holiday Closure Schedule

Senior Center and Elderly Nutrition Program will be closed **Monday, May 25** for the Memorial Day holiday.

ENP BENEFIT LUNCHEON JUNE 2, 11:30 A.M.

SCD celebrates Flag Day 2009 with the second of four Elderly Nutrition Program benefit luncheons on **Tuesday, June 2 at**

11:30 a.m. All funds raised go to

ENP to support this vital program that provides meals to older adults at senior centers and through home-delivered meals. Our initial program on February 3 raised \$865. Our goal in June is \$1,000. Will you help? Sign up now.

This beautiful Flag Day service will feature a historical look at the seven flags used throughout our history, presented by Glen Baxter.

Margaret Mikkelson will play patriotic music as the colors are presented, and the Barbara Hodson-led Nostalgics will sing a collection of patriotic songs as the finale to our program.

The luncheon menu will consist of roast BBQ beef with ranch beans, coleslaw, summer roundup salad and a roll. Plus the regular SCD chips, dip, punch and birthday cake. Reservations must be made by **May 28**. No exceptions. The cost is \$10 per person, and additional donations are always welcome.

MOVIES

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

May 1 - Indiana Jones and the Kingdom of the Crystal Skull 2008 (2 hr 2 min) Everyone's favorite archeologist adventurer dusts off his hat and trusty whip for yet another globetrotting trek.

May 8 - Calendar Girls 2003 (1 hr 48 min) A group of working-class British housewives become overnight celebrities by posing for a nude calendar in order to raise money for leukemia.

May 15 - The Visitor 2007 (1 hr 43 min) A lonesome widower and college economics professor finds his mundane existence suddenly shaken up when he befriends a pair of illegal immigrants, one of whom has recently been threatened with deportation by U.S. immigration authorities.

May 22 - Billy Elliot 2000 (1 hr 51 min) - In this coming-of-age drama, a young son of a poor English coal miner, dreams of being a ballet dancer.

May 29 - Beverly Hills Chihuahua 2008 (1 hr 31 min) - A pampered Chihuahua accustomed to the living the good life in glamorous Beverly Hills must rein in her heiress instincts and rely on the kindness of strangers in order to find her way back home after becoming hopelessly lost in Mexico.

THE GIFT OF GIVING

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

Duplicate Bridge – Monday	\$ 81
Handy Helpers	\$ 20
Hem & Haw (SCD)	\$ 32
Income Tax Donation	\$ 67
Information & Assistance	\$ 30
Medical Equipment Donations	\$ 43
Miscellaneous	\$ 56
Monday Nite Social Bridge	\$ 18
Piano Donations	\$ 35
Tuesday Pinochle	\$ 10
Total	\$392

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

TRANSIT INFORMATION

DAVIS COMMUNITY TRANSIT

Spring has sprung at DCT!
Last month we mentioned the new fare increase beginning July 1. The 1-way fare will be \$2.00.



We also want to remind customers that beginning July 1, in addition to the 10- and 20-ride bus tickets, new 5-ride bus tickets also will be available for purchase. The new 5-ride bus tickets can be purchased on the buses and at the Senior Center. Selling the tickets on the buses from the driver will be on a trial basis at first. Signs are posted in all of the buses about the above-mentioned information, but if you have any questions, please call the DCT office at 757-4408.

FRIENDSHIP CAFÉ & NUTRITION EDUCATION

MEAL HIGHLIGHTS

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



Friday, May 8, “Mother’s Day Celebration.” Come for Greek Salad, topped with feta and jack cheese, artichokes, olives, egg, and creamy dressing, macaroni salad, fruit juice and special dessert surprise.

Wednesday, May 27 “Happy Birthday.” Enjoy chicken Kiev, confetti rice, garden salad, whole wheat bread, fresh fruit and, of course, birthday cake.

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

LUNCH FEES

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

INFORMATION & ASSISTANCE

WHERE IS YOUR \$250?

In February, President Obama signed the American Recovery and Reinvestment Act of 2009. This new legislation provides a one-time payment of \$250 to Social Security and Supplemental Security Income (SSI) beneficiaries.

Over 60 million beneficiaries should receive a one-time payment. Federal officials expect all payments to be delivered by late May 2009. To assist in issuing these payments as quickly as possible, they request that beneficiaries not contact Social Security unless they do not receive their payment by June 4.

DMV TESTS

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

SCHOOL TAX REDUCTIONS

The filing date for the 50% senior citizen tax reduction for the Davis Joint Unified School District Community Facilities District No. 1, and the Measure Q and the Measure W parcel tax exemptions begins May 15 and will run through **June 15, 2009** for the 2009-2010 tax year. (Since Measure W is new, every eligible senior must file a full application to receive the exemption this year.)

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), a renewal card for each tax will be mailed the first week of May. The renewal cards must be signed and returned to the school district between May 15 and June 15 to receive the tax reduction for the 2009-2010 tax year. Please note, if you applied for the tax reduction last year, but do not receive a renewal card, it is still your responsibility to contact the school district.

If you did not apply last year, forms for CFD #1 and Measure Q will be available after May 1 online at the District’s website www.djUSD.net and at the School District office at 526 B Street. Applications will also be available at the Senior Center. Applications for the Measure W parcel tax exemption will be available at the same locations. Measure W is a new parcel tax this year. The amount of the tax per homeowner is \$120 per year. Apartment owners will be assessed \$50 per unit per year. A full exemption is available for anyone 65 or older once the application is completed and submitted to the school district office.

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

LIBRARY TAX EXEMPTION

The deadline to file for an exemption from the Davis special library parcel tax is **June 1, 2009**. Low-income homeowners in Davis may qualify for this exemption. The tax is \$89.76 annually for a single-family residence. If you own your Davis home, and your household income for 2008 was under \$44,096, you are eligible. Forms may be picked up at the Davis Senior Center or the Davis Library. If you need help in completing the forms, make an appointment with Lisa at the senior center, 757-5696.

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. For more information about Partnership Health Plan, call 1-866-249-9933 or TDD/TTY 1-800-735-2929.

VENTILATOR BATTERIES

The Yolano Chapter of Californians for Disability Rights has donated chargers and batteries to the City of Davis. These batteries will be loaned to residents who need power for their life support ventilators during short-term emergencies. For more information about this program call Yolano Chapter members Nancy at (530) 758-9426 or George at (530) 756-0380.

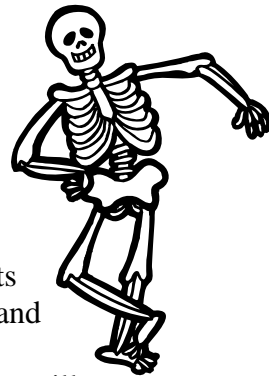
The Davis Fire Department is storing five batteries purchased by the Chapter. If there is an emergency such as a power outage, residents in immediate need of a battery should call 9-1-1 for assistance. For batteries expected to run out of power in 4-6 hours please call (530) 747-5400 and press 5 to speak with a fire dispatcher to arrange the loan of a battery.

In order to obtain a battery, a waiver will need to be completed and on file at the Davis Fire

Department at 530 Fifth Street, Davis, CA 95616. Download the form, complete it (keep a copy) and return it to the Fire Department Business Office at 530 Fifth Street. For questions about the waiver call the Fire Department at 757-5684 between 8:00 and 10 a.m. and 3:00 and 4:00 p.m., Monday through Friday or e-mail fireweb@cityofdavis.org.

HEALTH & WELLNESS**BONE HEALTH AND OSTEOPOROSIS SCREENINGS AVAILABLE**

Osteoporosis doesn't have to be a part of getting older. Learn more about bone health and how this bone debilitating disease works on **Tuesday, May 12 at noon** at the Senior Center. Chill Yee, M.D., a family physician from Sutter West Medical Group, will speak on "Bone Health and Osteoporosis." He'll give you the facts about osteoporosis risks, prevention, and ways you can slow it down.



Prior to the lecture, Sutter West will offer free bone density screenings beginning at 9:00 a.m. by appointment. The simple, non-invasive test takes only five minutes. Dr. Yee will explain how to interpret your test results when he speaks at noon.

Make your appointment for the bone density screening by calling 757-5696.

SHARPS DISPOSAL CONTAINERS

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 free 1-quart biohazard collection containers at the Senior Center. Yolo County and the City of Davis are urging you to pick up and use the free containers for proper disposal of your syringes, needles and lancets. Ask at the Senior Center front desk for your container.

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.

Advanced Balance Workshop **May 18**

(M 1:00-2:30 p.m.) \$10/res/\$16/\$22non-res

Bones for Life **April 22 - June 3**

(W 9:00-10:15 a.m.) \$35 res/\$41/\$47non-res

Dynabands **May 5 – June 26**

(T, Th 2:30-3:30 p.m.) \$8 res/\$14/\$20non-res

Dynabands **May 4 – June 30**

(MWF, 2-3:00 p.m.) \$10/res/\$16/\$22non-res

Feldenkrais (continuing) **May 5 – 26**

(T, 10:15-11:15 a.m.) \$20 res/\$26/\$32 non-res

Feldenkrais (new students) **May 5 – 26**

(T, 11:30 a.m.-12:30 p.m.) \$20 res/\$26/\$32 non-res

Fitness for Life – 7:30 **May 1 – 29**

(MWF, 7:30-8:30 a.m.) \$36 res/\$42/\$48 non-res

Fitness for Life – 8:45 **May 1 – 29**

(MWF, 8:45-9:45 a.m.) \$36 res/\$42/\$48 non-res

Golf **May 4 – 20**

(MW, 9:30-10:30 a.m.) \$80 res/\$86/\$92 non res

Intermediate Balance Workshop **May 4**

(M 1:00-2:30 p.m.) \$10/res/\$16/\$22non-res

Tai Chi/Chi Gung **May 5 – 26**

(T, 9:00-10:00 a.m.) \$18 res/\$24/\$30 non-res

Tap Dancing **Ongoing**

(M, 3:30-4:30 p.m.) Free

Walk n' Talk **Ongoing – Join anytime!**

(MWF, 8:45-9:45 a.m.) No Fee

Yoga – Intermediate **May 4 – June 1**

(M,Th, 8:15-10:15a.m.) \$75 res/\$81/\$88 non-res

Yoga – Chair **May 4 – June 1**
(M,Th, 10:30-11:30 a.m.) \$40 res/\$46/\$52 non-res

Zumba - **May 1 – 29**
(F, 12:30 – 1:15 p.m.) \$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.

GOLF – IT'S TEE TIME!

The Senior Center and Wildhorse Golf Course are once again offering golf instruction for active older adults.



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

A class begins **Monday, May 4 – 20, 9:30 – 10:30 a.m. on Mondays and Wednesdays.** The fee for the class is \$80.

FUSION BELLY DANCE!

Fusion mixes belly dance with other dance styles including, salsa, flamenco, hula and hip-hop. This class is geared toward beginners. Belly dance is an excellent exercise for flexibility, strength, endurance and weight loss. The instructor encourages all fitness levels, shapes, and sizes. Please wear comfortable clothing for movement. This class will meet **Wednesdays, 10:30 - 11:30 a.m. beginning May 6, the fee is \$12.** Come participate in a free demonstration **Wednesday, April 29, 10:30 - 11:30 a.m.**

**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.

HELPING OTHERS

We collect the following items in the front lobby of the senior center:

- **NUGGET MARKET RECEIPTS** (it's a fundraiser for SCD & the Senior Center)
- **USED PRESCRIPTION EYEGLASSES AND HEARING AIDS**
- **HOUSEHOLD BATTERIES** (we keep them from contaminating the landfill)
- **CHARITABLE FINANCIAL GIFTS** are always welcome (and tax deductible).

MISCELLANEOUS

MOTHER'S DAY TEA

The Davis Senior Center invites you to join us for a special afternoon as we celebrate the women in our lives who have helped shape our world. As you sip and savor teatime treats, you'll enjoy Mother's Day poetry and be serenaded with songs by the Nostalgics singing group. This event is not just for the ladies - gentlemen are encouraged to attend. It's the perfect way to celebrate Mother's Day.

The tea will be held on **Friday, May 8, 1:30 - 2:30 p.m.** Please sign up at the Senior Center front desk. There is a \$1 fee for this program.



DISCOVERING OLIVE OIL

On **Wednesday, May 13, 10:30 - 11:30 a.m.**, Nicole Sturzenberger, from the UC Davis Olive Center, will deliver a brief presentation on the history of the olive in California and an introduction to olive oil tasting. The hour-long class will feature three diverse oils to taste and will present the basic elements to the sensory evaluation of olive oil. To

reserve a seat for this free presentation, please call the Senior Center at 757-5696.

PIANO LESSONS

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

ESKATON DEMONSTRATION HOME

On **Tuesday, May 19 at 3:00 p.m.**, Ashley Duke, gerontologist and Demonstration Home educator, will discuss the ideas and concepts behind the Eskaton National Demonstration Home in Roseville.



The unique building model encompasses universal design and home and healthcare technologies that allow older individuals to stay in their homes longer – maximizing independence, quality of life, personal health and overall well-being. Based on years of research by Eskaton these concepts and innovations can be integrated into all living spaces. Eskaton believes that understanding how our home can enhance our lives is the first step toward empowering people to remain in their own homes. To reserve a seat for this presentation, call the Senior Center 757-5696.

FINISHING STRONG IN THE SECOND HALF: A GERIATRICIAN'S SECRETS REVEALED

UC Davis geriatrician, Michael K. McCloud, MD, will present "Finishing Strong in the Second Half: a Geriatrician's Secrets Revealed," on National Senior Health and Fitness Day, at **10:00 a.m., Wednesday, May 27** at the Senior Center.

Dr. McCloud co-directs the Geriatric Clinic at UC Davis and is the creator and course director of the popular UC Davis "Mini Medical School to Prepare for Life's Second Half," a free community course to learn successful aging. He lectures nationally on maintaining wellness into late age,

and is an advocate for seniors' issues with a special interest in working with memory-impaired adults and their families.

Dr. McCloud will cover aspects of staying healthy that most seniors may not know, such as: Are blood levels of vitamins worth checking? What is the most common mistake in managing blood pressure? Are screenings for osteoporosis reliable? If you don't use alcohol, should you start? What are the best sources of senior healthcare information that won't try to sell you something? His 30-minute talk will be followed by time for your questions.

LOBBY RENOVATIONS STALLED FOR NOW

The lobby renovation is still coming! Construction was originally scheduled to begin in April, but it has been delayed. We apologize for the delay and hope to have a new tentative schedule for you soon.

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.

SUMMER CAMP FOR THE 50+

Do you remember back to the days when your parents sent you to summer camp – the swimming, canoeing, and gatherings around the campfire?



Well, here is your chance to relive those glory days. The City of Sacramento is offering two weeks of summer camp especially designed for adults 50 years and older. The camp is located along Highway 50 only 17 miles from Lake Tahoe, and is nestled in the El Dorado National Forest.

Interested participants in either Adventure Camp or Senior Camp should attend the camp

orientation on **Tuesday, May 5 at 2:00 p.m.** at the Senior Center. You'll be able to pick up a registration packet with information on pricing, cabin accommodations, transportation considerations, and refund policies.

Adventure Camp – August 24 – 28, 2009

Adventure Camp is a unique mountain retreat for adults 50+ who want to enjoy the outdoors for a reasonable price. In addition to a beautiful camp setting, a number of additional activities, such as kayaking, biking, rafting, Nordic Walking, and hiking are scheduled for both the novice and the seasoned outdoors-person!

Camp registration fees include five days and four nights, meals, and camp activities. Special activities, such as the kayaking, rafting trips and biking, have separate fees in addition to the registration fee. All camp fees are paid to the City of Sacramento. Camp fees generally range between \$304 - \$345 for the week, depending on whether you select an insulated or non-insulated cabin.

For those who are unable to provide their own transportation to and from the camp, an optional transportation fee (\$20) payable to the City of Davis is available to reserve your space.

Senior Camp – August 31 – September 4, 2009

This camp is designed for those who enjoy a more peaceful, relaxing atmosphere while having the opportunity to enjoy camp socials and entertainment, hiking, and workshops on basket weaving, painting, leatherwork, photography, healthy lifestyles and more.

Senior Camp registration fees include five days and four nights at camp, meals, and camp activities. All camp fees are paid to the City of Sacramento. Camp fees generally range between \$295 - \$320 for the week, depending on whether you select an insulated or non-insulated cabin.

For those who are unable to provide their own transportation to and from the camp, an optional transportation fee (\$15) payable to the City of Davis is available to reserve your space.

DRIVERS SAFETY CLASS

The 2-day AARP Driver Safety Class will be offered at the Senior Center on **Wednesday, May 13 and Thursday, May 14, 12:30-4:30 p.m.** Most insurance companies offer reduced car insurance rates for successful completion of the course. Class size is limited and advance registration is required. The cost is \$12 for AARP members, and \$14 for non-members. Register with your check to AARP at the Senior Center office.

MEALS PROGRAM FUNDRAISER

This year marks the 20th anniversary of Epicurean Espirit, a food plus wine tasting benefit fundraiser which supports Meals on Wheels, the lunch program for homebound seniors. This special celebration will be held on **Thursday, May 21 at 6:00 – 9:00 p.m.** at the Fliers Golf and Country Club. Tickets are \$40. For more information and to purchase tickets, call ENP at 662-7035.

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, May 20 at 10:00 a.m.

BREATHERS SUPPORT GROUP – Thursday, May 28 at 1:30 p.m.

MEN'S GROUP – Wednesday, May 27 at 10:00 a.m.

PARKINSON'S SUPPORT GROUP – Tuesday, May 26 at 1:30 p.m.

PROSTATE CANCER SUPPORT GROUP –

On **Monday, May 11, at 6:30 p.m.**, the group will conduct an in-depth discussion of the side effects of prostate cancer treatments and how to cope with the side effects. Men who have questions regarding ED and prostate cancer are most welcome, as the group has case histories from survivors who can provide an insight into treatments. For further information, please call 756-9153.

TRANSITIONS GROUP - Wednesday, May 13 & 27 at 10:00 a.m. Whether you're dealing with health problems, feeling blue, loss of a loved one, or just trials of aging, this group is a great place to find insight and support.

NEURO-INVOLVEMENT SUPPORT GROUP

This newly formed group will meet **Saturday, May 16 at 3:00 p.m.** at University Retirement Community, 1515 Shasta Drive, Davis. (Park in "Visitor" designated space.) The speaker will be Chris Gruenwedel, physical therapist and neuro-specialist). The topic is "Fall Risks and Fall Prevention Strategy." For more information, call Anne Jones at 756-4090.

VOLUNTEER CORNER

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.



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, May 16 from 12:30 - 3:00 p.m.** Snacks are provided. The cost is 25¢ per card for two games.



BOOK REVIEW & SENIOR CENTER READS

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

CURRENT EVENTS DISCUSSION GROUP

The discussion group will meet on **Friday, May 1 & 15 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

Please join us **Monday, May 18 at 1:00 p.m.** for our monthly meeting with a program titled, "*Local Ancestor Detectives Reveal Secrets.*" (Note: Because of the Memorial Day holiday, we have changed the usual meeting date.)

Delving into family genealogy requires detective skills. To some, family history research is more than finding birth and death dates. Fleshing out the daily activities and lifestyles of our ancestors can be quite a feat. Not only do researchers uncover secrets of their ancestors through countless hours poring over courthouse records and sleuthing on the Internet, they must discover creative ways to share this information with their families.

Our speakers, Alan Jackman, Nancy Crerar, and Mary Ann Smith, all active family researchers, tell us about finding and interviewing living relatives, using databases to create published genealogy volumes, and organizing family reunions and media to share with their families.

Guests are most welcome and encouraged to attend 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

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

On **Tuesday, May 26**, our topic is "*Using eBay to Buy or Sell.*" We've invited some experienced eBay users to explain the ins, outs and precautions. We may also have time to discuss other online services that are similar - like Craigs List, Freecycle and more.

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, May 12, 6:30 - 8:30 p.m.** For more information, call Eric Thompson at 758-3098.

MUSIC AND DANCE

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, May 8 & 22, at 2:15 p.m.**

NOSTALGICS

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

**RED HAT SOCIETY**

The ladies of the DSC Rockers cordially invite you to their monthly "Game Day" to be held on **Friday, May 15, 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 "Cinco de Mayo"

Davis Senior Center

Tuesday, May 5 at 11:30 a.m.

RSVP: Joyce at 758-4757 no later than May 1

DAVIS STAMP CLUB

The Davis Stamp Club will meet **Tuesday, May 5, 7:00 - 8:00 p.m.** For more information, call Anne Hance at 753-7265.

ARTS & CRAFTS

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.

- **May 7** *No-Sew Container.*

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

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 between **9:00 - 11:00 a.m.** in the Valente Room.

ONE-STROKE PAINTING

In May, instructor Sandra Gray-Fitzpatrick will teach two classes on **Thursday mornings, May 14 & 21, 9:00 - 11:30 a.m.** These classes are \$8 each or two classes for \$12. There are additional fees for materials payable to the instructor on the first day, and non-residents. For more information,

contact the Senior Center. Pre-registration is required.

WATERCOLOR PAINTING

Senior watercolor painters gather for guidance on Friday mornings in the well-lighted, comfortable addition to the Senior Center. Class begins at 9:30 a.m. and ends at approximately 11:30 a.m. Students arrive at about 9:00 a.m. to visit and set up with their paper, paint, water, drawing sheets, and brushes.



During May Mildred Franklin, one of our local artists who volunteers her time, will lead the class. All interested in exploring watercolor are invited. Bring your adventurous spirit.

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 with 383 chapters that provides security through blankets to seriously ill or children in need.

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

GRAZIE MILLE!

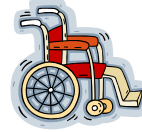
Thank you to the following agencies and organizations for contributing resources and/or time to the Viva Italia event: *Ace Home Furnishings, Aquarius, Atria Covell Gardens, Barista Brew Café, Cable Car Wash, Davis Travelaires, Dawn at Y2K Hair and Nails, Diana's Nails, Hem & Haw, Davis House of Candy, Lindsay's Home Care Services, Napa Valley Olive Oil, National Society of Collegiate Scholars, Newsbeat, Redwood Barn Nursery, Home Instead Senior Care, Senior Citizens of Davis and UC Davis Service Learning Project.*

SUPPORTIVE SERVICES

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

- **INFORMATION & HELP AVAILABLE** - This program helps to guide you through the maze of programs & services available to older adults. Call our Information & Assistance Coordinator for an appointment. This program is funded in part by the Area 4 Agency on Aging.
- **ADVANCE HEALTH CARE DIRECTIVES** - The "Advance Health Care Directive" kit is available for a suggested donation of \$2.50.
- **ARE YOU OK?** - A daily computerized phone call from the Davis Police Department. If you answer the phone, they'll know you are O.K. If not, they check on you.
- **BLOOD PRESSURE CHECKS** – Drop in to get your blood pressure checked at no cost by American Medical Response (AMR) Ambulance Services on the **second Tuesday of every month, 10:30 – 11:00 a.m.**
- **ELDER ID PROGRAM** - This program is aimed at identifying "wanderers" so they can be quickly returned to loved ones. Photo and information are kept by law enforcement.
- **FAMILY CAREGIVER SUPPORT PROGRAM** – A resource specialist is available for consultations at the center or your home by appointment. The service includes counseling, resource information and service coordination. Call 666-8828.
- **GUIDE TO RESOURCES AND SERVICES FOR OLDER ADULTS IN YOLO COUNTY** - Single copies available at the front desk. You can also find the Guide on the internet at www.cityofdavis.org/pcs/seniors/, 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, May 14 at 2:30 p.m.** at Walnut Terrace Apartments, 3101 E. Fifth 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.

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

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.****May 6 – Mothball Fleet** – Wait list.**May 17 – Cliff House Brunch and the Exhibit: Fabergé Tiffany and Liliue** – Wait list.**June 10 – Sisters of Swing** – Wait list.**June 25 – Redhawk Casino** – Depart Davis Senior Center at 8:30 a.m. and Rancho Yolo at 8:45 a.m. \$15 slot play. Return Davis approximately 4:00 p.m. with drop-offs at both locations. \$16.

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

**July 18 – Annual Shopping Trip to Nordstrom** – San Francisco, \$35.**July 22 – Smokey Joe's Café** At the East Sonora Theatre, the Sierra Repertory Theatre's most requested revival. Featuring nearly 40 of the greatest songs of the era including "Spanish Harlem," "Fools Fall in Love," "Hound Dog," this is electrifying entertainment provided by the highly acclaimed repertory group. Lunch is included at Banny's Restaurant. \$85.**August 20 – Bridges of the Bay** – 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.**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.**December 2 - -Poinsettia Farm****December 24 – 26 – Christmas in Yosemite**
January 12, 2010 – King Tut exhibit at the de Young -

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 – May 2009

Monday	Tuesday	Wednesday	Thursday	Friday
<p>* Indicates need to register in advance, and/or by appointment Please call 757-5696</p>	<p>Transportation Services 757-4408</p> <p>Senior Center Offices 757-5696</p>	<p>Room Key Multi Purpose Room West – MP1 Multi Purpose Room East – MP2 Game Room – G Library - Lib Activity Room – A Valente Room – V Lounge – L Lobby - Ly</p>		<p>1 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 Current Events (A) 2:00pm Dynabands (MP2)</p>
<p>4 7:30am Fitness For Life* & 8:45 am (MP2) 8:15am Intermed. Yoga* 10:30am Chair Yoga* (A) 8:30am Veterans Services (Consult office) 8:45am Walk N' Talk/Pehlke Pacers (Ly) 9:00am Oil/Acrylic Painting (V) 12:30pm Duplicate Bridge (MP1) 1:00pm Genealogy 1:00pm Scrabble/Bridge/Mah Jongg/Canasta (G) 1:00pm Intermediate Balance Workshop* (A) 2:00pm Dynabands* (MP2) 3:00pm Tap Dancing (V) 6:30pm Social Bridge (G)</p>	<p>5 9:00am Ceramics (V) 9:00am Tai Chi (A) 10:15am Feldenkrais* (A) 11:30am Feldenkrais* (A) 11:30am Red Hat luncheon at Cinco de Mayo* 11:30am SCD Lunch/Meeting Cinco de Mayo (MP) 1:00pm Bridge/Pinochle (L) 2:30pm Camp Sacramento Presentation* (V) 7:00pm Stamp Club (G)</p>	<p>6 7:30am Fitness For Life* & 8:45 am (MP2) 8:45am Walk N' Talk/Pehlke Pacers (Ly) 9:00am Peer Counselors Meeting 9:00am Bones for Life* (A) 10:30am Fusion Belly Dance* (MP2) 1:00pm Hem & Haw (A) 1:00pm Linus Project (V) 1:00pm Poker (L) 1:00-4:00pm Genealogy Library Hours (Lib) 2:00pm Dynabands* (MP2)</p>	<p>7 8:15am Intermediate Yoga* (A) 9:00am Craft Class – No Sew Container* (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 HICAP* (Consult office) 3:30pm LGBT (G)</p>	<p>8 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 Mother's Day Tea* (V) 2:00pm Dynabands* (MP2) 2:15pm Music & Dance (MP1)</p>
<p>11 7:30am Fitness For Life* & 8:45 am (MP2) 8:15am Intermed. Yoga* 10:30am Chair Yoga* (A) 8:30am Veterans Services (Consult office) 8:45am Walk N' Talk/Pehlke Pacers (Ly) 9:00am Oil/Acrylic Painting (V) 12:30pm Duplicate Bridge (MP1) 1:00pm Genealogy 1:00pm Scrabble/Bridge/Mah Jongg/Canasta (G) 2:00pm Dynabands* (MP2) 2:00pm Legal Assistance* (Consult office) 3:00pm Tap Dancing (V) 6:30pm Social Bridge (G) 6:30pm Prostate Cancer Support Group (A)</p>	<p>12 9:00am Ceramics (V) 9:00am Tai Chi* (MP2) 9:00am Bone Density Screenings* 10:15am Feldenkrais* (A) 11:30am Feldenkrais* (A) 10:30am Blood Pressure Check (MP1) 12:00pm Bone Health Talk* 1:00pm Bridge/Pinochle (L) 7:00pm Mac Users Group (A)</p>	<p>13 7:30am Fitness For Life* & 8:45 am (MP2) 8:45am Walk N' Talk/Pehlke Pacers(Ly) 9:00am Bones for Life* (A) 10:00am Transitions Group 10:30am Fusion Belly Dance* (MP2) 10:30am Discovering Olive Oil* (V) 12:30pm Drivers Safety Class* (MP1) 1:00pm Hem & Haw (A) 1:00pm Poker (L) 1-4:00pm Genealogy Library Hours (Lib) 2:00pm Dynabands* (MP2)</p>	<p>14 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 Drivers Safety Class* (MP1) 12:30pm Bingo (V) 1:00pm Bridge Lessons* (G) 2:30pm Senior Commission Mtg. (G)</p>	<p>15 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., May 16, 12:00 – 3:00 pm SCD Bingo (V)</p>
<p>18 7:30am Fitness For Life* & 8:45 am (MP2) 8:15am Intermed Yoga* 10:30am Chair Yoga* (A) 8:30am Veterans Services (Consult office) 8:45am Walk N' Talk/Pehlke Pacers (Ly) 9:00am Oil/Acrylic Painting (V) 12:30pm Duplicate Bridge (MP1) 1:00pm Genealogy 1:00pm Scrabble/Bridge/Mah Jongg/Canasta (G) 2:00pm Dynabands* (MP2) 3:00pm Tap Dancing (V) 6:30pm Social Bridge (G)</p>	<p>19 9:00am Ceramics (V) 9:00am Tai Chi* (MP2) 9:30am Book Review (G) 10:15am Feldenkrais* (A) 11:30am Feldenkrais* (A) 10:30am Senior Center Reads (G) 1:00pm Bridge/Pinochle (L) 3:00pm Eskaton Demo. Home Pres. (MP2)</p>	<p>20 7:30am Fitness For Life* & 8:45 am (MP2) 8:45am Walk N' Talk/Pehlke Pacers (Ly) 9:00am Bones for Life* (A) 10:00am Alzheimer's Support Group (Lib) 10:30am Fusion Belly Dance* (MP2) 11:00am Food Distribution (MP2) 1:00pm Hem & Haw (A) 1:00pm Poker (L) 1:00-4:00pm Genealogy Library Hours (Lib) 2:00pm Dynabands* (MP2)</p>	<p>21 8:15am Intermediate Yoga* (A) 9:00am HICAP Appts* (Consult office) 9:00am One-Stroke Painting* (V) 9:30am Memoirs* (MP2) 10:30am Chair Yoga* (A) 12:30pm Bingo (V) 3:30pm LGBT (G)</p>	<p>22 <u>ALL NUGGET RECEIPTS DUE TODAY</u> 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 Music & Dance (MP1)</p>
<p>25 Memorial Day holiday Senior Center & ENP Closed</p>	<p>26 9:00am Ceramics (V) 9:00am Tai Chi* (MP2) 10:15am Feldenkrais* (A) 11:30am Feldenkrais* (A) 11:30am Red Hats Rockers lunch at 1:00pm Bridge/Pinochle (L) 1:30pm Parkinson's Support Group (MP1) 7:00pm Internet Users Group (A)</p>	<p>27 7:30am Fitness For Life* & 8:45 am (MP2) 8:30am Health & Fitness Day – Walk and Program* (MPR) 8:45am Walk N' Talk/Pehlke Pacers (Ly) 10:00am Men's Group (A) 10:00am Dr. McCloud talk on Finishing Strong in the Second Half (MP2) 10:00am Transitions Group 1:00pm Hem & Haw (A) 1:00pm Poker (L) 1:00-4:00pm Genealogy Library Hours (Lib) 2:00pm Dynabands* (MP2)</p>	<p>28 8:15am Intermediate Yoga* (A) 9:30am Memoirs* (MP2) 10:30am Chair Yoga* (A) 12:30pm Bingo (V) 1:30pm Breathers Support Group (G)</p>	<p>29 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)</p>

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

May 2009

Each meal includes 8 oz 1% milk Margarine & Condiments optional + = Vitamin C * = Vitamin A	\$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	Please see reverse side for information about the "*" symbols used on this menu.	Friday May 1 *Ginger Plum Chicken *Au Gratin Potatoes+ Chef's Blend Vegetables+ *Wheat Bread *Pears
Monday May 4 * Fish N' Chips *Baked Breaded Fish w/French Fries & Malt Vinegar Broccoli+ *Whole Wheat Bread *Apricot Halves*	Tuesday May 5 SCD Membership Luncheon Cinco De Mayo No ENP Meal Today MOW Delivery Only	Wednesday May 6 ** Spaghetti w/Meat Sauce Italian Vegetable Blend+ *Garlic Bread *Peaches	Thursday May 7 BBQ Pork Riblet *White Beans & Greens *Vegetable Trio*+ *Buttermilk Biscuit <u>Higher Sodium Meal</u>	Friday May 8 Mother's Day Celebration ** Greek Salad topped w/Feta & Jack Cheese, Artichokes, Olives, Egg, Creamy Dressing *Macaroni Salad *Fruit Juice+ **Special Dessert Surprise
Monday May 11 Spanish Meatballs *Rice Pilaf *Carrots* *Fresh Fruit+ *Whole Wheat Bread	Tuesday May 12 ** Tuna Sandwich on Whole Wheat Bread *Cottage Cheese *Fresh Veggie Sticks* w/Ranch Dip *Fruit Juice+	Wednesday May 13 *Potato Salad ** BBQ Burger on a Bun *Buttery Corn *Fresh Fruit+ <u>Higher Sodium Meal</u>	Thursday May 14 * Baked Ham *Sweet Potatoes* Green Beans *Whole Wheat Roll *Fruit Juice+ <u>Higher Sodium Meal</u>	Friday May 15 ** Chicken Salad served on Fresh Greens w/Toasted Almonds & Mandarin Oranges+ *3 Bean Salad *Wheat Crackers
Monday May 18 ** Polish Dog w/Bun *Sauerkraut+ Mixed Vegetables* *Fresh Fruit+ <u>Higher Sodium Meal</u>	Tuesday May 19 * Ricotta Tortellini Spinach Salad **Baguette *Fruit Juice+	Wednesday May 20 * Teriyaki Chicken w/Pineapple Slices+ *Steamed Brown Rice Oriental Vegetables+ **Tapioca Pudding	Thursday May 21 * Puff Pastry Beef Bake Brussel Sprouts+ *Apricot Barley Supreme* *Pears	Friday May 22 ** Turkey Under Wraps Turkey in a Flour Tortilla w/Spring Mix & Seasoned Spread *Creamy Cucumber Salad *Peach Gelatin+ <u>Higher Sodium Meal</u>
Monday May 25 * Oven Fried Chicken *Ranch Beans Capri Blend Vegetables* *Buttermilk Biscuit *Tropical Fruit+	Tuesday May 26 Pork Chop w/Gravy *Mashed Potatoes Stewed Tomatoes *Cornbread *Applesauce	Wednesday May 27 Happy Birthday * Chicken Kiev *Confetti Rice Garden Salad *Whole Wheat Bread *Fresh Fruit **Birthday Cake	Thursday May 28 * Seafood Salad Served over a bed of Fresh Greens w/Lemon Wedge *Marinated Beets *Oyster Crackers *Sugar Free Gelatin w/Fruit	Friday May 29 Pepper Steak w/Bell Pepper & Tomatoes+ *Baked Potato w/Sour Cream *Steamed Peas *Whole Wheat Bread *Fruit Cup

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
Elderly Nutrition Program Main Office Woodland 662-7035				