

Senior Scene



Transportation: (530) 757-4408 Office: (530) 757-5696 Travelaires: (530) 753-4159
Volume XXXVIII Number 10 Office Fax: (530) 758-0463 **October 2009**
 \$10.00/Year Subscription Email: seniorservices@cityofdavis.org www.cityofdavis.org/cs/seniors/

SENIOR HEALTH FAIR & FLU SHOTS

Join us **Wednesday, October 28, 9:00 a.m. to noon** for our annual senior health fair, co-sponsored by Sutter West Medical Group and Sutter Davis Hospital. For a \$10 donation, the Yolo County Public Health Department will offer flu shots for individuals age 60+ and adults with high-risk health conditions. Flu shots will be for the “seasonal flu” only. H1N1 (swine flu) vaccines will NOT be given.

Although not yet confirmed, we anticipate offering blood pressure checks, hearing and foot screenings, bone density tests, and balance assessments. Other expected exhibitors include:

- California Telephone Access Program
- Breast cancer info & support
- Caregiver resources
- Elderly Nutrition Program
- Eyeglass cleaning and repair
- Health insurance counseling
- Hearing aid cleaning & checks
- Home modification information
- Prostate support group
- Unitrans, YoloBus & DCT
- Veterans services

SCD & SENIOR CENTER HALLOWEEN SPOOKTACULAR

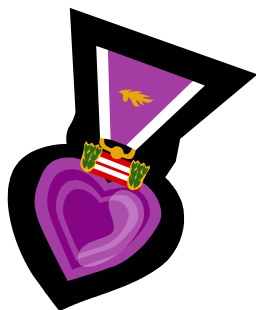
In lieu of an October luncheon, SCD and the Senior Center will be holding a Halloween Spooktacular, **Thursday, October 29, 1:00- 3:00 p.m.** Be sure to wear a mask or head adornment to be entered into our first ever mask contest. If you don't have a mask, come make one! (See page 6.) There will be plenty of snacks, punch and fun. We will also be celebrating October birthdays.



The cost is \$3 for Senior Citizens of Davis members and \$5 for non-members. Members are encouraged to bring a pumpkin painted or carved, either by you or a grandchild, to be entered into a contest. Awards will go to the top three! Sign up at the front desk.

COMING UP:
Friday, October 30: Furlough Day See page 8 for a listing of cancelled activities.
Friday, November 6, 9:00 a.m. – 1:00 p.m.:
Jewelry Sale See page 6 for more information.

SENIOR CITIZENS OF DAVIS Exploring New Possibilities



VETERANS DAY REMEMBRANCE LUNCHEON

SCD's regular first Tuesday of the month November luncheon has been changed to the second **Tuesday, November 10 at 11:30 a.m.**

Our guest "Veterans' Day" speaker will be Ted

Puntillo, and we will host several Purple Heart Veterans.

As in the past, we ask all our members to bring photographs of your family veterans, present and past, to be displayed at our "Table of Honor" at which a wreath shall be laid.

Our luncheon will again be delicious. Please check the bulletin board for the menu. The cost is only \$10, and proceeds benefit Meal on Wheels. Reservations are required and must be made by November 5. Please help us honor our Veterans.

P.S.: If any SCD member or a family member is or was a Purple Heart recipient, please contact Wes Penny at 757-5696 or 758-4757.

SUNSHINE LADY

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

Get well cards to George Hebert, Marjory Kenney, Lola Lewis, Betty Iams and Donna Nevraumont..

Thinking of You cards to Mary Bordigon and Mary Borges.

Sympathy card to Gail Reif, death of wife, Angie, family of Mary Stein, family of Herbert Holmes, Jr., family of Margery Holt, family of Pat Williams and family of Charles Brownold.

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.

"SENIOR OF THE YEAR" NOMINATIONS

The "Senior of the Year" selection committee chair this year is SCD Vice President Betty Iams. She and her committee, which includes Elisabeth Bogren, Norma Quinn and Carolyn Beckett, will be accepting nomination forms for this year's recipient beginning October 1. Eligible nominees must be volunteers at the Senior Center and current SCD members.

Nominees may be submitted by anyone here at the Center and a nomination form must be completed. All you need to do is write down a few words about why you feel your nominee should be considered for the "Senior of the Year" award. Then, place your form in a sealed envelope addressed to the SCD selection committee and return to the SCD office at the front desk. Forms will be available at the front lobby desk and or the SCD office beginning October 1.

SCD DATA ENTRY

SCD's office needs volunteers to assist with data entry, for about two hours per week. We seek volunteers with computer knowledge to be trained to use our software programs.

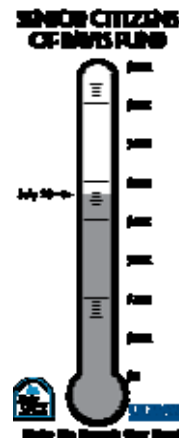
2010 SCD OFFICER NOMINATIONS

Job descriptions for SCD officers are posted on the SCD bulletin Board. If interested contact Nominations Committee Chair Pat Patterson at the Center, 757-5696. When necessary leave a message and she will return your call.

NURSING SCHOLARSHIP FUND DONATIONS

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

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



MEMBERSHIP COMMITTEE CHAIR

SCD is looking for a member to chair the Membership Committee and sit as a member of the SCD Board of Directors. The position affords the opportunity to help shape the future of SCD as we prepare for the 2100 century.

For more information contact Wes Penny at the SCD office 7575696 or at his home 758-4757.

NUGGET SCRIP CLARIFICATION

Thanks to one of our SCD members for pointing out that you don't have to "preload" a scrip card to support our fundraising program. You can simply tell your Nugget checker that you are putting the amount of your current purchase on your scrip card. The checker will put that amount on the card and immediately take it off to pay for that purchase. No need to prepay!

Remember, Nugget donates 3% of your scrip totals to support SCD's senior programs.

THE GIFT OF GIVING

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

Duplicate Bridge – Monday	\$ 70
Handy Helpers	\$ 50
Hem & Haw (SCD)	\$ 52
Information & Assistance	\$ 73
Medical Equipment Donations	\$190
Miscellaneous	\$ 3
Tuesday Pinochle	\$ 9
Total	\$499

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

FRIENDSHIP CAFÉ & ELDERLY NUTRITION PROGRAM

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

MEAL HIGHLIGHTS

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



Friday, October 16 – “Celebrate Grandparent’s Day” with savory chicken with dressing and gravy, baked squash, fruit juice, wheat bread and special dessert.

Wednesday, October 21 – “Polish Heritage Celebration” with Golabki stuffed cabbage with beef, Polish mushroom soup, potatoes and cream, Rye Krisp crackers and Sernik apple cheesecake.

Wednesday, October 28 - “Happy Birthday” Enjoy chicken fondue, steamed new potatoes, Brussel sprouts, fruit juice, wheat bread, and birthday cake for dessert.

Friday, October 30 – “Happy Halloween!” Have some ‘HalloBeans’ chili con carne with cheese, spooky salad, spider swirl Rye bread, witches’ brew juice and Jack-o’-lantern fingers.

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

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, October 21 at 10:00 a.m.

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

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

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

PROSTATE CANCER SUPPORT GROUP– On Monday, October 12 at 6:30 p.m., Michael Moore, physical therapist from the Folsom Physical Therapy Clinic, will discuss methods being employed to manage urinary incontinence. Men who have prostate cancer concerns are most welcome to attend as men who have walked the path are there to answer questions. For more information, please call 756-9152 or 758-8233.

TRANSITIONS GROUP -Wednesday, October 14 at 10:00 a.m. (No meeting on October 28 due to Health Fair) 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.

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).

MOVIES

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

October 2 - Close Encounters of the Third Kind (1977) 2 hours and 17 minutes - In the night skies near his Muncie, Indiana home, power repairman Roy Neary (Richard Dreyfuss) experiences something out of this world that sets into action a chain of events that lead to contact with the benevolent aliens and their Mother ship. A movie by Steven Spielberg.

October 9 - Benny and Joon (1993) 1 hour and 33 minutes - Benny is devoted to taking care of his mentally ill sister, Joon. After Benny loses a poker game, he is obligated to welcome another player's relative, Sam, to his home for a few days. When Sam arrives, he quickly makes an impression with his quietly eccentric ways.



October 16 - Earth (2009) 1 hour 31 minutes –A remarkable story of three animal families on a journey across our planet -- polar bears, elephants and humpback whales.

October 23 - Rio Bravo (1959) 2 hours and 21 minutes - The sheriff of a small town in southwest Texas must keep custody of a murderer whose brother, a powerful rancher, is trying to help him escape. He and his deputies must find a way to hold out against the rancher's hired guns until the marshal arrives.

October 30 - No Movie (Furlough Day)

INFORMATION & ASSISTANCE

CELL PHONE HELP

Do you need help with your cell phone? We have tutors available by appointment. Call the Center at 757-5696.



SOCIAL SECURITY SERVICES

A representative from the West Sacramento Social Security office will be at the Senior Center on **Wednesday, October 21 at 9:00 a.m.** to assist you with any questions or problems related to Social Security. Clients are seen on a first-come, first-served basis.

ADVANCE DIRECTIVES

Join us on **Monday, October 26 at 10:00 a.m.** for a free presentation, "Medical Decisions When They Count Most." California's Health Care Decisions Week, October 25 – 31, provides an opportunity for adults of all ages to think about the kind of care they would want if they became seriously ill or incapacitated, to talk with their loved ones and doctors about their wishes, and to write down those wishes in an advance directive document.



This one-hour presentation includes important information about a new California law that should help patients and their doctors discuss and document preferences for life-sustaining treatment in a POLST medical order. We also will provide ideas for talking with family members about these decisions and how to choose a healthcare decision-maker.

The presentation is offered through The Compassionate Care Alliance of the Greater Sacramento Area, a non-profit regional coalition of healthcare professionals and community members.

SENIOR HELPERS

Davis Oddfellows are offering to help needy seniors with projects around their homes or yards. Oddfellow volunteers will tackle all the projects the

first weekend in November. If you can use some one-time help, call Chris Beede *after October 8* at 530-758-3979, or e-mail czbeede@sbcglobal.net

FALL YARDWORK ASSISTANCE

Fall is coming, and the leaves are ready to cover our yards again. The new Sunset Rotary Club can provide assistance for a few seniors who need a hand with this cleanup. If you, or someone you know, doesn't have the budget for hiring out this work, please call David Viglierchio at 916-826-1714. Rotary will send someone to see if they can help you through this fall. This is a free service by Rotary volunteers for older adults in Davis.



VOLUNTEER CORNER

BECOME A DRIVER SAFETY INSTRUCTOR

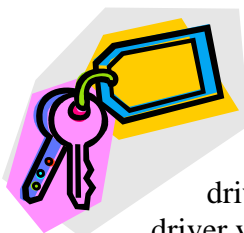
All over the country, volunteers are sharing information about defensive driving and helping drivers age 50 and older adjust to age-related physical changes. Research shows that AARP's driver safety classroom course makes a difference in how people drive, and ultimately helps to reduce accidents. People who take this course may be eligible for a discount on their auto insurance.

The Davis Senior Center regularly offers AARP's Driver Safety Program to the community, but we need more *volunteer instructors* to continue the program. Instructors conduct AARP's Driver Safety Program courses, using videos and work books developed for the program. Instructors are required to teach three classes a year, but many willingly teach more. Instructors receive initial training and participate in annual or semiannual local instructor workshops. And, volunteers are reimbursed for approved out-of-pocket expenses, such as mileage, postage, etc.

There is also an opportunity to become a *telephone coordinator* – helping people who phone in to find classes. This takes about 15 minutes a day and can be very rewarding.

For more information, contact Jan Gwynn at jangwynn@sbcglobal.net or at (916) 359-6845.

TRANSPORTATION



WHEN SHOULD SOMEONE GIVE UP THE KEYS TO THE CAR?

Are you worried about your safety as an older person driving, or the safety of an older driver you love? Join us for a free workshop on **Thursday, October 15, 1:00 – 2:00 p.m.**, to learn strategies about 1) assessing your skills as a senior driver, to develop tactics to be more competent as a motorist; 2) having the difficult conversation with a senior citizen if necessary, who should no longer be driving; 3) learning about the variety of public transit alternatives in lieu of driving.

You will be able to talk to Davis Senior Citizen Commissioners who know firsthand the problems with driving that aging can cause, and who can speak candidly about their own experiences. Two brief and informative videos by the CA Highway Patrol will be shown, to impart creative solutions on these issues. Please sign up by calling 757-5696.

TRANSIT TRAINING

Yes, you can learn how to use public transportation! Free “mobility training” is available to local seniors so you can learn how to travel independently and gain a general understanding of the Unitrans and YoloBus systems. If you use a walker or wheelchair, you’ll also learn how to maneuver it on and off the bus. Through grant funding, expert trainers will ride with you on the bus, work with your schedule, and show you how to plan your bus routes.

A simple intake form, available at the Senior Center, is required to sign up for this free service. If you need help completing the form, please contact Lisa at 757-5696.

AARP DRIVERS SAFETY RENEWAL CLASS

If you have taken the full 8-hour AARP Driver Safety class within the last three years, you can take a shortened renewal class and still get your certificate. (It’s a good idea to check with your insurance company to confirm this.) On

Wednesday, November 4, 8:30 a.m. - 12:30 p.m., instructor Claudine Olsson will offer the shortened class at the Senior Center. Class size is limited and you need to sign up in advance. Your check should be made out to AARP for \$12 per person for AARP members, \$14 for non- members.

DAVIS COMMUNITY TRANSIT

Happy fall greetings from DCT! We would like to welcome our two new employees. Eric Fong and Rebecca Bustinduy.

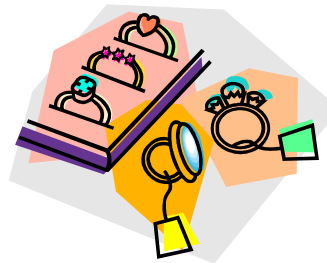
For those of you who shop on our shuttle on Saturdays, please remember there is a four-bag limit that the driver can load onto the bus. Any items that are not in bags, such as rolls of toilet paper, paper towels, laundry detergent, etc., count as one bag. If you exceed the four-bag limit the driver will not be able to load your purchase onto the bus. The policy remains the same that the driver will assist you with the four bags to your door.

If you have any questions please feel free to call the DCT main line at 757-4408.

MISCELLANEOUS

MAKE A HALLOWEEN MASK

Make a mask for the Halloween Spooktacular mask contest! (See Page 1) Meet us on **Wednesday, October 21, 10:00-11:30 a.m.** at the Center. We will have all sorts of supplies ready for you to make your masterpiece. Sign up at the front desk, 757-5696. There is a \$1 suggested donation.



JEWELRY SALE

We need your old jewelry! The Senior Center’s Annual Jewelry Sale will be on **Friday, November 6, 9:00 a.m. – 1:00 p.m.**

Bring down all that jewelry you haven’t worn in years. Even the junky stuff seems to sell, so clean out your jewelry box and the top drawer, and we’ll turn your diamonds (or rhinestones) into cash. All proceeds from the jewelry sale go to support general programs and services here at the Senior Center.

DAVIS NEIGHBORS' NIGHT OUT

Sunday, October 11 is the date for the 4th annual Neighbor's Night Out event throughout Davis. It is an informal opportunity for neighborhoods to increase familiarity and communication among neighbors by way of a block party for new and existing neighbors.

Now that UCD students have returned to town, it's a chance for you to meet those who might be living next door or down the block.

COLLECTORS WANTED



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

Remember, ideas are always welcome as well!

OCTOBER 30 IS FURLOUGH DAY

The Senior Center, as a city of Davis facility, operates at reduced staff levels on furlough days, aimed at reducing the city's budget shortfall. Upcoming furlough days are **Friday, October 30, and Wednesday, November 25.**

The administrative offices at the Senior Center will be closed on these dates, but minimal staff will be available to oversee the continuation of some paid classes. The Center will be open for the Elderly Nutrition Program to serve lunches and deliver meals on wheels. Davis Community Transit will continue operating on their regular schedule with minimal staff on their furlough days, so seniors needing transportation can still utilize that service.

The following activities will be cancelled at the Senior Center on October 30: watercolor painting, current events, memoirs class, nostalgic singing, video movie, Queen Bee game day and genealogy library drop-in. Both the Travelaires and Senior Citizens of Davis offices will be closed.

We apologize for any inconvenience these cancellations and closures may cause.

BOOKS NEEDED

Our book exchange cart at the Center has many empty shelves these days. This is an opportunity to clear your clutter! If you have some good paperbacks you would like to get rid of, please

bring them by the Center. (Absolutely NO Reader's Digest condensed books accepted.)

AMERICAN SIGN LANGUAGE CLASS

The Senior Center is offering free sign language classes **every Tuesday, 10:30-11:30 a.m.** throughout the month of **October**. Join the class for fun, to keep an active mind, and to learn a new language and culture.



American Sign Language is the language of the deaf. The beautiful language is used to teach babies to communicate before they talk, to help the hard-of-hearing to communicate, or just to visit with a friend who is on the other side of the room. Use the signs you have learned as you sing your favorite songs. Sign up at the front desk or call 757-5696.

SMOKE ALARM BATTERY CHANGE

It should be an annual ritual in every home. When Daylight Savings Time ends, it's time to change the batteries in your smoke detectors! On **Saturday, October 31**, Rotary



volunteers will inspect your home smoke detectors and install fresh batteries. The Rotary Club of Davis provides this free service every year to local seniors. Rotary provides the batteries, the ladders and the volunteers.

Please call the senior center at 757-5696 to sign up. Many thanks to the Rotary Club volunteers who provide this valuable service every year.

Set your clock back one hour when you go to bed on **SATURDAY, OCT. 31** (Daylight Savings Time ends on November 1 at 2:00 a.m.)

VOTE NOV. 3

In order to vote in the November 3 City of Davis special election (Wildhorse Ranch), you must be registered by October 3. If you are not already registered at your current address, it's very easy to do so. You can obtain a voter registration form on-line from the Secretary of State's web site



www.ss.ca.gov Voter registration forms also are available at the Davis Senior Center, the Post Office on 5th Street, and at City Hall. Register early to make sure you receive all the informational materials.

KANGAS LECTURE ON DEATH PENALTY

Prominent criminal attorney, Quin Denvir, will deliver OLLI's annual Kangas Lecture on **Saturday, October 10 at 1:00 p.m.** at the Senior Center. The public is invited. Denvir will address the issue of capital punishment and what he describes as its flawed application in the U.S.

Denvir is known for defending Ted Kaczynski, the infamous "Unabomber," during well-publicized court appearances in Sacramento. He has represented others who were also in the shadow of the death penalty, notably Cary Stayner, the Yosemite killer.

The annual Kangas Lecture memorializes Patricia Kangas, who served as director of the Davis Senior Center for many years and was a founding member of Senior Learning Unlimited, which later became OLLI (Osher Lifelong Learning Institute).

This free lecture will be followed by a social hour. For more information

www.extension.ucdavis.edu/olli

HEALTH & WELLNESS

GLOBAL LAUGHTER CLUB-

Laughter IS the best medicine! It is aerobic, natural, healthful, mood enhancing and easy. It also has no unpleasant side effects, is supported by medical research and is fully returnable! Come join us and let's laugh together.

The Global Laughter Club says farewell to leader Donna Arliene and welcomes Liz Young, who is certified as a club leader by the international organization. To learn more, go to www.laughteryoga.org. All ages are welcome. The Laughter Club meets **Wednesday mornings, 10:15 - 11:15 a.m.** There will be no meeting on October 7.



GUIDED RELAXATION THROUGH VISUALIZATION MEDITATION TECHNIQUES-

Guided imagery is used to focus the mind, induce relaxation and shift attention away from the external environment. Guided imagery can induce relaxation that can help you reduce anxiety, manage stress, and sleep better. Instructor Kathy Green is back to teach another class on this subject. The focus will be "Finding Your Special Place."

Tuesday, October 20, 1:00 p.m. Sign up for this free program by calling 757-5696 or stop by the front desk.

GAINING BALANCE

Fall is no time to fall! The Senior Center offers workshops designed to improve stability and alignment, as well as specific movement strategies to regain balance when challenged.



The beginner class on **Monday, October 12, 1:00 - 2:30 p.m.**, will build flexibility and strength in ankles, hip joints and torso. You'll practice getting up from a chair and from the floor, and you'll explore options to regain balance when needed. Both seated and standing exercises are included.

The intermediate class on **Monday, October 19, 1:00 - 2:30 p.m.**, is designed for individuals who have attended the beginner workshop or its equivalent (check with instructor), and are comfortable getting up from the floor with the aid of a chair. Classes will include standing and walking with a narrow base of support, sitting and standing on more challenging surfaces, and continue practice on regaining balance and getting up from the floor.

Participants should wear comfortable clothing in layers and bring a towel. Students are encouraged to repeat levels to ensure proficiency and comfort with the basic skills before progressing to the next level.

Instructor Marg Bartosek has taught at the Senior Center for the past 18 years. For more information about the workshops, call the Senior Center at 757-5696 or Marg at 753-6060. Details on cost and future workshops are on page 9.

ONGOING FITNESS CLASSES

For more information, inquire at the Senior Center office, 757-5696. We encourage you to speak with your doctor before starting any exercise program to ensure your health & safety.

Balance – Level 1 **Oct 12**
(M, 1:00 – 2:30 p.m.) \$12 res/\$18/\$25 non-res

Balance – Level 2 **Oct 19**
(M, 1:00 – 2:30 p.m.) \$12 res/\$18/\$25 non-res

Bones for Life **Sept 23 – Nov 18**
(W, 10:00 – 11:15 a.m.) \$40 res/\$46/\$53 non-res

Dynabands **Ongoing - October 29**
(T, Th 2:30-3:30 p.m.) \$10 res/\$26/\$33 non-res

Dynabands **Ongoing – October 30**
(MWF, 2-3:00 p.m.) \$12/res/\$30/\$37 non-res

Feldenkrais **Oct 6 - 27**
(MWF, 10:15 – 11:15 a.m.) \$21 res/\$27/\$34 non-res

Feldenkrais **Oct 6 - 27**
(MWF, 11:30 – 12:30 a.m.) \$21 res/\$27/\$34 non-res

Fitness for Life – Adv. **Oct 2 - 30**
(MWF, 7:30-8:30 a.m.) \$46 res/\$52/\$59 non-res

Fitness for Life – Beg. **Oct 2 - 30**
(MWF, 8:45-9:45 a.m.) \$42.50res/\$48.50/\$55.50 non-res

Line Dance **Oct 7 - 28**
(W, 3:30-4:30 p.m.) \$16 res/\$22/\$29 non-res

Tai Chi/Chi Gung **Oct 6 - 27**
(T, 9:00-10:00 a.m.) \$20 res/\$26/\$33 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 **Oct 12 – 29**
(M,Th, 8:05 -10:05 a.m.) \$60 res/\$66/\$73 non-res

Yoga – Chair **Oct 5 – 29**
(M,Th, 10:30-11:30 a.m.) \$42 res/\$48/\$55 non-res

Zumba **Oct 2 - 30**
(F, 12:30 – 1:15 p.m.) \$20 res/\$26/\$33 non-res

MAIL YOUR SHARPS CONTAINERS

Many seniors are unable to travel to the landfill to properly dispose of their home-generated “sharps” (syringes, needles and lancets). Even the safe collection containers are supposed to be brought or mailed to a hazardous waste disposal site. Through grant funding, the Senior Center now offers free sharps containers *with postage-paid boxes* to mail for proper disposal.

It is illegal to dispose of home-generated “sharps” in the trash. They must be placed in an approved sharps container and brought or mailed 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 pick up free one-quart biohazard collection containers, with the free mailing boxes, at the Senior Center. Ask at the Senior Center front desk for your containers.

OTHER FLU SHOT LOCATIONS

Your doctor's office is often the best place to get your flu shot, but if you are looking for locations of early flu shot clinics for the public, here are a few in Yolo County: **Saturday, October 3, 9:30 – 12:30** at the

Woodland Community & Senior Center, 2001 East Street and at the same time at West Sacramento's Riverbend Elementary School Cafeteria, 1100 Carrie Street. These flu shots are offered as part of a County Emergency Preparedness drill.

The shot is for the seasonal flu only NOT the H1N1 swine flu. Questions can be directed to the public health department at 666-8645.

ARTS & CRAFTS**PAINTING WITH SANDY**

Instructor Sandra Gray-Fitzpatrick will teach classes on **Thursdays, October 8 & 15, 9:00 - 11:30 a.m.** Classes are \$38 for Davis residents. Students are required to bring brushes and acrylic paints. The teacher will supply all other supplies needed for the class. For information, contact the Senior Center, 757-5696. Pre-registration is required.

SEEKING HOLIDAY CRAFT AFFAIR VENDORS

The Senior Center is seeking vendors for the Annual Holiday Craft Affair which will be held **Thursday, December 3.**

Exhibitor spaces are open to quality, hand-crafted items, fine arts and unique gift items. The Senior Center is seeking exhibitors particularly having items which are suitable for the holiday season as gift ideas, although items do not necessarily need to be holiday oriented. Visit or call the front desk for more information 757-5696.

**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.

OIL & ACRYLIC PAINTING: OPEN ART STUDIO

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

WATERCOLOR PAINTING

Betty Berteaux leads the senior watercolor painters during October. Class begins at **9:30** and ends approximately **11:30 a.m. on Friday mornings**, although seniors come earlier to set up and visit. Everyone is welcome. Bring watercolor paints, brushes, a container for water, a few sheets of water color paper, a sketch pad or a few sheets of paper, and a willingness to have fun and explore.



Davis seniors are decking our halls with winning paintings from the Yolo County Fair in August. Congratulations ribbon winners!

Note that there will be no class on Friday, October 30 as that is a City of Davis furlough day, and the watercolor class is cancelled on those days.

HEM & HAW

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



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

PROJECT LINUS

Project Linus meets on **Wednesday, October 7, 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.

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, October 17 from 12:30 - 3:00 p.m.** Snacks are provided. The cost is 25¢ per card for two games.

LBGTea GROUP

The Davis LBGTea group is now exclusively online. To connect, go to Yahoo Groups and type the following in the search box: `Davis_tea_at_three`. Davis Senior Gays (Tea at three) is a social group designed to facilitate the development of community among senior gays in Davis. For more information, call the senior center.

BOOK REVIEW AND SENIOR READS

Stan Forbes will be here on **Tuesday, October 20 at 9:30 a.m.** to review some of the new books currently available.

CURRENT EVENTS DISCUSSION GROUP

The discussion group will meet on **Friday, October 2 & 16, 2:00 p.m.** Everyone is welcome to drop in and join the discussion. Historical and timely events of interest are featured.

GENEALOGY CLUB & LIBRARY

Please join us on **Monday, October 26 at 1:00 p.m.** for a presentation titled "Family Heirlooms and Treasures: Show and Tell."

Treasured family heirlooms passed down from generations provide a glimpse into the lives of our ancestors and a better understanding of our family's history. Paintings, jewelry, books, toys, photos, baptismal gowns, dishes, lamps, housewares, etc. all have stories which link generations in a personal way. So dust off your prized family heirlooms and share their history. If you like, bring along a photo of your ancestor as well to more clearly tell your story.

Please join us in this very special Davis Genealogy Club program—a celebration of your treasures and stories at the Senior Center. Guests are most welcome to come to our meetings!

We'll also share some tips on ways to inventory your treasures, preserve them, and help ensure that they are passed on to someone--and not end up in the trash or sold at a garage sale.

Our library is open to the public on **Wednesday and Friday from 1:00 to 4:00 p.m.** (except October 30, when the Senior Center will be closed). 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. The



next meeting will be **Tuesday, October 27.** The topic will be "What's New on the Internet?" The shape of the Internet/Web window has changed very little but the view has changed a lot. How are Facebook, Myspace, Twitter, blogs, podcasts, RSS and "Cloud" computing such as GoogleDocs, etc. changing our lives? Maybe more than we've realized? We'll take a look. All are welcome.

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

MAC USERS GROUP

This group will be meeting on **Tuesday, October 13, 6:30 - 8:30 p.m.** For more information, call Eric Thompson at 758-3098.

DANCE & JAM SESSIONS

All are invited to come listen and dance to big-band music by our very own band, "*Music From the Back Room.*" We will meet on **Fridays, October 9 and 23 at 2:00 p.m.**

NOSTALGICS

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

**QUEEN BEES GAME DAY**

The ladies of the Queen Bees cordially invite you to their monthly "Game Day" to be held on **Friday, October 16, 1:00 - 3:00 p.m.** All you need is to bring a treat to share, and a willingness to giggle, laugh & truly have fun.

QUEEN BEES LUNCHEON (FORMERLY RED HATS)

Join our Queen Bees group at Applebee's Restaurant, 1753 Research Park, (menu on bulletin board), **Tuesday, October 20 at 11:30 a.m.**


RSVP: Joyce at 758-4757 no later than Oct. 19.

**DAVIS STAMP CLUB**

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

SUPPORTIVE SERVICES

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

- **INFORMATION & HELP AVAILABLE** - This program helps to guide you through the maze of programs & services available to older adults. Call our Information & Assistance Coordinator for an appointment. This program is funded in part by the Area 4 Agency on Aging.
- **ADVANCE HEALTH CARE DIRECTIVES** - The "Advance Health Care Directive" kit is available for a suggested donation of \$2.50.
- **ARE YOU OK?** - A daily computerized phone call from the Davis Police Department. If you answer the phone, they'll know you are O.K. If not, they check on you.
- **BLOOD PRESSURE CHECKS** – Free checks by American Medical Response (AMR) monthly on the **second Tuesday, 10:30 – 11:00 a.m.**
- **ELDER ID PROGRAM** - This program is aimed at identifying "wanderers" so they can be quickly returned to loved ones. Photo and information are kept by law enforcement.
- **FAMILY CAREGIVER SUPPORT PROGRAM** – A resource specialist is available for consultations at the center or your home by appointment. The service includes counseling, resource information and service coordination. Call 666-8828.
- **GUIDE TO RESOURCES AND SERVICES FOR OLDER ADULTS IN YOLO COUNTY** - Available at the front desk for a \$1 donation. You can also find the Guide on the internet at www.cityofdavis.org/cs/seniors/, then click on the right column on Senior Resource Guide.
- **HEALTH INSURANCE COUNSELING AND ADVOCACY PROGRAM (HICAP)** - If you have questions about Medicare, long-term care, HMOs, or other health insurance matters, make an appointment with a volunteer counselor. First and third Thursdays of each month.
- **LEGAL CONSULTATIONS** - Davis attorneys Bill Kopper and Marian Cantor are available for brief appointments once a month. Call 757-5696 for available appointment times.
- **MINOR HOME REPAIRS** - Do you have a leaking faucet, a squeaky door, or a torn screen? Do you need a light bulb or furnace filter changed? These and other minor home repairs can be done through Handy Helpers program.
- **MEDICAL EQUIPMENT LOANS** - Before buying wheelchairs, walkers, crutches, canes, commodes, shower chairs & toilet seat raisers, check out our medical equipment-lending closet. For a small donation, you can borrow the items you need.
 
- **DIANNE HINSZ MEMORIAL SCHOLARSHIPS** - Scholarships are available to pay for the full amount of a class for those who can't afford it. To be eligible, your annual income must be below \$25,400 for an individual or \$29,050 for a couple. For more information, please contact the office, 757-5696.
- **SENIOR CITIZENS COMMISSION** – Meets on **Thursday, October 8, 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, October 12 and 19, 8:30 - 10:30 a.m.** Information on disability aid, pensions, burial, vocational rehabilitation, dependent's and survivor's benefits, health care, prescription drugs and life insurance are just some of the areas available. Call 406-4850.

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

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

October 29 – Red Hawk Casino – Bonus \$10 slot play. Depart Davis Senior Center at 8:30 and Rancho Yolo at 8:45 a.m. Return at approximately 3:15 p.m. with drop offs at both places. \$20.

November 7 – Saturday in the City – Get a start on holiday shopping! Once a year the Gift Center and Jewelry Mart open their doors with merchandise at unbelievable prices. (Cash only) Then it's off to Fisherman's Wharf for lunch at Castagnola's and a delightfully funny show, "Bad Girls of Broadway," inspired by the lives of Mae West, Sophie Tucker and Fanny Brice. \$99.

November 12 – Sand Hill Cranes - \$97.

Note: This tour involves very little walking. Feel free to bring a folding chair if you wish.

November 19 – Palace Hotel and SF MOMA – The historic and beautiful Garden Court of the Palace Hotel for lunch and then the San Francisco Museum of Modern Art. On exhibit will be the photography of Richard Avedon. \$115.

December 2 – Poinsettia Farm – Wait list.

December 15 – Roseville Galleria shopping, \$30.

December 24 – 26 – Christmas in Yosemite – Get away to beautiful Tenaya Lodge, a perfect destination for our holiday celebration. Lunch on the way at Hilmar Cheese Factory, then a sleigh ride when we arrive in Yosemite (pray for snow!). Christmas Eve and Christmas Day dinners will be lavish affairs at Tenaya. Conclude our stay with a tour of the park by motor coach and lunch at the famous Awahnee Hotel. \$850 pp dbl., ss add \$270.

January 12, 2010 – King Tut exhibit at the deYoung – Wait list.

January 20 – Skylark, A Tribute to Johnny

Mercer – Highlights of Mercer's hits such as "Skylark," "Old Black Magic," "Moon River" and "Autumn Leaves." Lunch at Café Mason. \$105.

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

February 26 – March 2 – Pasadena Architectural tour, Getty Villa, Huntington Library and Botanical Gardens, Getty Center, Griffith Observatory, Clark Center for Japanese Art and Culture, Black Gold Exhibit at Kern County Museum. Dinner at Tam O'Shanter Inn. Four nights at Hilton Hotel and daily breakfast buffet. \$799 pp dbl, ss add \$355.

March 18 – Churches of San Francisco – Their architecture and history. Our favorite guide, Craig Smith, will enthrall us again with the histories of some of the City's oldest Churches. Includes the Old St. Mary's Cathedral, built in 1854, the acoustically perfect Grace Cathedral, Temple Emanu El and St. John's Presbyterian Church, which is celebrating its 100th year and its important connection to San Francisco history and Robert L. Stevenson. Lunch at Blue Muse. \$87.

April 12 – Eleven Roses Ranch – In Lake County, step back in time on this working cattle and hay ranch which has been in the owner's family since 1883. A mule-drawn wagon ride will take us around the ranch and through fields of wildflowers as the owners relate the legend and lore of the area. Enjoy also Lake County's award-winning wines and a barbeque tri-tip lunch. \$105.

April 21 – 26 – Branson – A six-day tour to America's entertainment capital, Branson, MO. Includes round-trip air, 5 nights accommodations, 4 breakfasts, 1 champagne brunch, 5 dinners and some fabulous shows. You're sure to love Branson! Trip insurance included. \$1995 pp dbl., ss add \$295.

Davis Senior Center Activities – October 2009

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Transportation Services 757-4408</p> <p>Senior Center Offices 757-5696</p> <p>*Indicates need to register in advance, and/or by appointment. Please call 757-5696</p>	<p>Room Key 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</p>		<p>1 8:15am Intermediate Yoga* (A) 9:00am Craft Class* (V) 9:30am Memoirs* (MP2) 9:30am Bridge Lessons* (G) 10:30am Chair Yoga* (A) 12:30pm Bingo (V) 1:00pm HICAP Appts* 1:00pm Bridge Lessons* (G) 2:30pm Dynabands* (MP2)</p>	<p>2 7:30am Fitness For Life* & 8:45am* (MP2) 8:45am Walk N' Talk/Pehlke Pacers (Ly) 9:30am Watercolor Painting (V) 12:15pm Video Movie (G) 12:30pm Zumba* (MP2) 1:00pm Nostalgics (MP1) 1:00pm Genealogy Library Hours (Lib) 2:00pm Dynabands* (MP2) 2:00pm Current Events (A)</p>
<p>5 7:30am Fitness For Life* & 8:45am* (MP2) 8:15am Intermediate Yoga* 10:30am Chair Yoga*(A) 8:45am Walk N' Talk/Pehlke Pacers (Ly) 9:00am Oil/Acrylic Painting (V) 12:30pm Duplicate Bridge (MP1) 1:00pm Scrabble/Bridge/Mah Jongg/Canasta (G) 2:00pm Dynabands* (MP2) 3:30pm Tap Dancing (V) 6:30pm Social Bridge (G)</p>	<p>6 9:00am Tai Chi* (A) 9:30am Ceramics (V) 10:15am Feldenkrais* (A) 10:30am American Sign Language Class* (MPR2) 11:30am Feldenkrais* (A) 1:00pm Bridge/Pinochle (Lg) 2:30pm Dynabands* (MP2) 7:00pm Stamp Club (G)</p>	<p>7 7:30am Fitness For Life* & 8:45am* (MP2) 8:45am Walk N' Talk/Pehlke Pacers (Ly) 10:00am Bones for Life* (A) 10:15am Global Laughter Club* (G) 1:00pm Hem & Haw (A) 1:00pm Project Linus (V) 1:00pm Poker (Lg) 1:00pm Genealogy Library Hours (Lib) 2:00pm Dynabands* (MP2) 3:30pm Line Dance* (MP2)</p>	<p>8 8:15am Intermediate Yoga*(A) 9:00am Painting with Sandy* (V) 9:30am Memoirs* (MP2) 9:30am Bridge Lessons* (G) 10:30am Chair Yoga* (A) 12:30pm Bingo (V) 1:00pm Bridge Lessons* (G) 2:30pm Senior Citizens Commission (MP1) 2:30pm Dynabands* (MP2)</p>	<p>9 7:30am Fitness For Life* & 8:45am* (MP2) 8:45am Walk N' Talk/Pehlke Pacers (Ly) 9:30am Watercolor Painting (V) 12:15pm Video Movie (G) 12:30pm Zumba* (MP2) 1:00pm Nostalgics (MP1) 1:00pm Genealogy Library Hours (Lib) 2:00pm Dynabands* (MP2) 2:15pm Jam Session & Dance (MP1)</p>
<p>12 7:30am Fitness For Life* & 8:45am* (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 Level 1 Balance Workshop* (A) 2:00pm Dynabands* (MP2) 3:30pm Tap Dancing (V) 6:30pm Social Bridge (G) 6:30pm Prostate Cancer Support Group</p>	<p>13 9:00am Tai Chi* (MP2) 9:30am Ceramics (V) 10:15am Feldenkrais* (A) 10:30am Blood Pressure Check (MP1) 10:30am American Sign Language Class* (MPR2) 11:30am Feldenkrais* (A) 1:00pm Bridge/Pinochle (Lg) 2:30pm Dynabands* (MP2) 6:30pm Mac Users Group (A)</p>	<p>14 7:30am Fitness For Life* & 8:45am* (MP2) 8:45am Walk N' Talk/Pehlke Pacers (Ly) 10:00am Transitions Group (Lib) 10:00am Bones for Life* (A) 10:15am Global Laughter Club* (G) 1:00pm Hem & Haw (A) 1:00pm Poker (Lg) 1:00pm Genealogy Library Hours (Lib) 2:00pm Dynabands* (MP2) 3:30pm Line Dance* (MP2)</p>	<p>15 8:15am Intermediate Yoga* (A) 9:00am Painting with Sandy* (V) 9:00am HICAP Appts* 9:30am Memoirs* (MP2) 9:30am Bridge Lessons* (G) 10:30am Chair Yoga* (A) 12:30pm Bingo (V) 1:00pm Bridge Lessons* (G) 1:00pm When Should Someone Give Up the Keys to the Car Talk* 2:30pm Dynabands* (MP2)</p>	<p>16 7:30am Fitness For Life* & 8:45am* (MP2) 8:45am Walk N' Talk 9:30am Watercolor Painting (V) 12:15pm Video Movie (G) 12:30pm Zumba* (MP2) 1:00pm Nostalgics (MP1) 1:00pm Genealogy Library Hours (Lib) 1:00pm Queen Bees – Game Day (V) 2:00pm Current Events (A) 2:00pm Dynabands* (MP2) Saturday, October 17, 12:30 pm SCD Bingo (V)</p>
<p>19 7:30am Fitness For Life* & 8:45am* (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 Level 2 Balance Workshop* (A) 2:00pm Dynabands* (MP2) 3:30pm Tap Dancing (V) 6:30pm Social Bridge (G)</p>	<p>20 9:00am Tai Chi* (MP2) 9:30am Ceramics (V) 9:30am Book Review (G) 10:15am Feldenkrais* (A) 10:30am American Sign Language Class* (MPR2) 11:30am Feldenkrais* (A) 11:30am Queen Bees Luncheon at Applebee's 1:00pm Bridge/Pinochle (Lg) 1:00pm Relaxation through Visualization Meditation Techniques* 2:30pm Dynabands* (MP2)</p>	<p>21 7:30am Fitness For Life* & 8:45am* (MP2) 8:45am Walk N' Talk/Pehlke Pacers (Ly) 9:00am Social Security (Lib) 10:00am Alzheimer's Support Group (Lib) 10:00am Bones for Life* (A) 10:15am Global Laughter Club* (G) 10:00am Make a Halloween Mask* 11:00am Food Distribution (MP2) 1:00pm Hem & Haw (A) 1:00pm Poker (Lg) 1:00pm Genealogy Library Hours (Lib) 2:00pm Dynabands* (MP2) 3:30pm Line Dance* (MP2)</p>	<p>22 8:15am Intermediate Yoga* (A) 9:30am Memoirs* (MP2) 9:30am Bridge Lessons* (G) 10:30am Chair Yoga* (A) 12:30pm Bingo (V) 1:00pm Bridge Lessons* (G) 1:30pm Breathers Support Group 2:30pm Dynabands* (MP2)</p>	<p>23 7:30am Fitness For Life* & 8:45am* (MP2) 8:45am Walk N' Talk/Pehlke Pacers (Ly) 9:30am Watercolor Painting (V) 12:15pm Video Movie (G) 12:30pm Zumba* (MP2) 1:00pm Nostalgics (MP1) 1:00pm Genealogy Library Hours (Lib) 2:00pm Dynabands* (MP2) 2:15pm Jam Session & Dance (MP1)</p>
<p>26 7:30am Fitness For Life* & 8:45am* (MP2) 8:15am Intermediate Yoga* 10:30am Chair Yoga*(A) 8:45am Walk N' Talk/Pehlke Pacers (Ly) 9:00am Oil/Acrylic Painting (V) 10:00am Advance Directives Talk (G) 12:30pm Duplicate Bridge (MP1) 1:00pm Scrabble/Bridge/Mah Jongg/Canasta (G) 1:00pm Genealogy Club Meeting (A) 2:00pm Dynabands* (MP2) 3:30pm Tap Dancing (V) 6:30pm Social Bridge (G)</p>	<p>27 9:00am SCD Board Meeting 9:00 am Tai Chi* (MP2) 9:30am Ceramics (V) 10:15am Feldenkrais* (A) 10:30am American Sign Language Class* (MPR2) 11:30am Feldenkrais* (A) 1:00pm Bridge/Pinochle (Lg) 1:30pm Parkinson's Support Group (MP1) 2:30pm Dynabands* (MP2) 7:00pm Internet Users Group (A)</p>	<p>28 7:30am Fitness For Life* & 8:45am* (VMC) 8:45am Walk N'Talk/Pehlke Pacers (Ly) 9:00am Senior Health Fair (MPR) 10:00am Men's Group (VMC) 10:00am Bones for Life* (A) 10:15am Global Laughter Club* (G) 1:00pm Hem & Haw (A) 1:00pm Poker (Lg) 1:00pm Genealogy Library Hours (Lib) 2:00pm Dynabands* (MP2) 3:30pm Line Dance* (MP2)</p>	<p>29 8:15am Intermediate Yoga* (A) 9:30am Memoirs* (MP2) 9:30am Bridge Lessons* (G) 10:30am Chair Yoga* (A) 12:30pm Bingo (V) 1:00pm Bridge Lessons* (G) 1:00pm SCD Halloween Spooktacular* (MPR) 2:30pm Dynabands* (MP2)</p>	<p>30 Furlough Day 7:30am Fitness For Life* & 8:45am* (MP2) 8:45am Walk N' Talk/Pehlke Pacers (Ly) 9:30am Watercolor Painting (V) 12:15pm Zumba* (MP2) 12:30pm Nostalgics (MP1) 1:00pm Genealogy Library Hours (Lib) 2:00pm Dynabands* (MP2) Saturday night, Oct. 31 End of Day Light Savings Time – Set clocks back 1 hour.</p>

Monday	Tuesday	Wednesday	Thursday Oct 1	Friday Oct 2
Menu subject to change	+ 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)	*Cheese Ravioli w/Marinara Garden Salad* *Garlic Bread *Juice+	*Swedish Meatballs Served over Rice Cauliflower+ *Whole Wheat Bread **Plum Pudding
Monday Oct 5	Tuesday Oct 6	Wednesday Oct 7	Thursday Oct 8	Friday Oct 9
Pan Style Omelet *Potatoes O'Brien **Blueberry Crumble *Orange Juice+	*Pepper Steak w/Bell Peppers+, Onions, Tomatoes+ *Baked Barley Green Beans *Whole Wheat Bread *Peaches	Salad Bar Plate *Chicken Strip Salad on Spring Mix Greens *Broccoli Salad*+ *Crackers **Cherry Gelatin Delight+	**Turkey Sandwich on Whole Wheat *Fall Harvest Soup*+ *Cranberry Apple Salad	*Sweet and Sour Pork* * "Stir Fried" Brown Rice Asian Vegetable Blend*+ *Fortune Cookie *Fruit Juice+
Monday Oct 12	Tuesday Oct 13	Wednesday Oct 14	Thursday Oct 15	Friday Oct 16
BBQ Chicken *Scalloped Potatoes+ *Tender Baby Carrots* *Whole Wheat Bread *Fresh Fruit+	**White Beans and Ham Steamed Spinach* *Cornbread *Tropical Fruit+	Seafood Crepe *Rice Pilaf *Mixed Vegetables*+ *Wheat Crackers *Juice+ [High Sodium Meal]	*Shepherd's Pie w/ Beef Mixed Green Salad+ *Whole Wheat Roll *Apricot Halves*	Celebrate Grandparent's Day! *Savory Chicken w/ Dressing and Gravy *Baked Squash* *Fruit Juice+ *Wheat Bread **Special Desert
Monday Oct 19	Tuesday Oct 20	Wednesday Oct 21	Thursday Oct 22	Friday Oct 23
**Macaroni & Cheese Stewed Tomatoes+ *Honey Wheat Roll *Fresh Fruit+	**Tuna Sandwich on Whole Wheat w/ Lettuce & Pickles *Lentil Soup w/ carrots*, spinach and tomatoes **Cottage Cheese & Pineapple+	Polish Heritage Celebration *Golabki Stuffed Cabbage+ w/ beef *Polish Mushroom Soup *Potatoes and Cream *Rye Krisp Crackers **Sernik Apple Cheesecake	*Fruit Juice+ *Chicken Cacciatore Served over Whole Wheat Pasta *Italian Vegetable Blend* *Baguette	Roast Beef w/ Au Jus *Baked Potato w/ Sour Cream Broccoli* & Cauliflower+ Blend *Wheat Bread *Mixed Fruit
Monday Oct 26	Tuesday Oct 27	Wednesday Oct 28	Thursday Oct 29	Friday Oct 30
*Turkey Tetrazzini w/ Pasta *Capri Vegetable Blend* *Whole Wheat Roll *Fruit Juice+	*Pork Ragout served over Rice *Spinach Salad* w/Mandarin Oranges+ *Buttermilk Biscuit	Happy Birthday! Chicken Fondue *Steamed New Potatoes Brussel Sprouts+ *Fruit Juice+ *Wheat Bread **Birthday Cake	**Salmon Burger w/ Mango* Chutney on Whole Wheat Roll *Zucchini Fritter *Coleslaw*+ *Fresh Fruit	Happy Halloween! **'HalloBeans' Chili con Carne w/ Cheese Spooky Salad *Spider Swirl Rye Bread *Witches' Brew Juice+ **Jack-o'-lantern Fingers*

Congregate Dining Sites

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

Davis Senior Center 646 A Street 757-5541	West Sac Senior Center 664 Cummins Way (916) 373-5805	Winters Community Center 201 Railroad Avenue 795-4241	Woodland Senior Center 2001 East Street 668-0974	Knights Landing/Esparto 662-7035
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Elderly Nutrition Program Main Office Woodland 662-7035

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

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