

Senior Scene

DAVIS SENIOR CITIZENS CENTER

646

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Office Fax: (530) 758-0463

September 2009

\$10.00/Year Subscription

Email: seniorservices@cityofdavis.org

www.cityofdavis.org/cs/seniors/

LOW-SODIUM COOKING TALK



Join Judy Reynolds at the Senior Center on **Wednesday, September 16, 1:15-2:15 p.m.**, as she shares tips on lowering your sodium intake by making wise food selections and through conscientious label reading.

Judy holds a certificate of achievement in

Gerontology/Health from American River College. She and her cohort in low-sodium cooking, Barb Levine, will be handing out recipes and hope that you will share some of yours!

Please sign up for this free program by calling 757-5696 or stop by the front desk.

SPELLING BEE

The Senior Center is hosting a Senior Spelling Bee on **Tuesday, September 22 at 1:00 p.m.** This is an opportunity for persons 50 years and over of all levels to test their spelling skills in a comfortable, fun-filled setting. A small dry erase board is available for all you visual spellers and spelling is done from your seat.



Please sign up at the front desk or call 757-5696. Contestants **must register by Tuesday, September 15**, limited to 30 contestants. Enjoy refreshments while cheering for your friends or sign up to “bee” a competitor!

The MPR will be closed for floor maintenance **Monday, August 31 to Friday, September 4**. Lunch will move to the Valente Room. Programs in the Valente Room and MPR have been cancelled for the week.

The Senior Center and lunch program will be closed on **Monday, September 7** for the Labor Day holiday. See page 7 for furlough days.

SENIOR CITIZENS OF DAVIS Building for a Better Tomorrow

ELDERLY NUTRITION PROGRAM BENEFIT LUNCHEON, TUESDAY, SEPTEMBER 8

This is the third of four benefit luncheons. The first two enabled SCD to donate a total of \$1,695 to support this vital program, providing meals to older adults at the Senior Center and through meals on wheels. Cost is \$10 per person, and additional donations are always welcome – all funds go to the Elderly Nutrition Program. There will be entertainment, but not yet confirmed.



The luncheon menu will again be great and consist of: Mediterranean chicken with wine sauce, Spanish potatoes with tomato base, summer squash, Greek salad, fruit salad and roll. Plus the regular SCD chips, dip, punch and birthday cake.

Reservations are required and must be made by September 2, because of the Labor Day weekend.

NO REGULAR FIRST TUESDAY MEMBERSHIP MEETING IN OCTOBER

Instead, SCD will partner with the Senior Center staff to present a “Halloween Party” on **Thursday, October 29, 1:00-3:00 p.m.**

Featured will be a costume, pumpkin painting and carving contest with prizes for the winners.

Menu will be “All About Sweets” with SCD regular punch, coffee, tea and of course, birthday cake. Cost is only \$3 for members and \$5 for non-members. Sign up early and bring a friend.

SUNSHINE LADY

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

Get well cards to Shirley Gold, Verna Travell, Rita Moncrief and Doris Haas.

Thinking of You cards to Rush Darigan, Judy McChristian and Verna Travell.

Sympathy card to family of Mary Carrere, family of John Birge Dobie, card to Anne Hance on

death of husband, Jim Hance, card to Delfina Lopez on death of husband, Guillermo Lopez and family of Charlotte Erickson.

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.

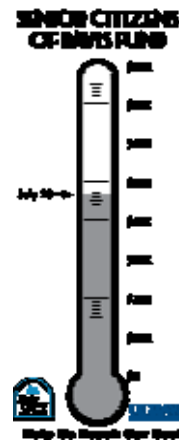
2010 SCD OFFICER NOMINATIONS

Job descriptions for SCD officers and chairs of standing committees are posted on the SCD bulletin board. If interested please call Wes Penny at the Center, 757-5696 or at home, 758-4757.

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 Wes Penny, SCD President, by calling 530-668-7343.



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!

Thursday, September 10 – “National Hot Dog Day.” Join us for a hot dog and bun with all the fixins, chili beans with beef, mixed vegetables and fruit crisp.

Thursday, September 17 – Enjoy a Chinese chicken salad: teriyaki chicken served over greens with red bells, mushrooms, water chestnuts, and crispy noodles, whole wheat crackers and citrus cup for dessert.

Wednesday, September 30 - “Happy Birthday” Enjoy oven fried chicken, mashed potatoes n’ gravy, country vegetable blend, biscuit and fruit juice with birthday cake for dessert.

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



VOLUNTEER CORNER

INTERNATIONAL HOUSE LOOKING FOR VOLUNTEER COORDINATOR(S)

I-House is looking for one or more persons to independently manage the responsibilities and tasks of the I-House Volunteer Program. This position presents the opportunity to meet and interact with a wide variety of people.

For more information about I House programs, activities and events, please call 753-5007 or visit the website:

<http://www.internationalhousedavis.org>

INTERNATIONAL CONVERSATION PARTNERS

You can help others gain a different view of America and Americans when you volunteer an hour a week to partner with an international English learner. You and your partner will meet at a time and location agreeable to you both. By speaking English in a casual setting, you will be giving them the practice they need in conversational English, as well as allowing them to get to know a “real” American. Who knows? You might learn something too! To find a partner call Susan Linz at 758-6122, or, e-mail: susanlinz@hotmail.com

VITAMIN B & BREAD RESEARCH

UC Davis researchers invite healthy men and women, ages 60 years or older, to participate in a study to learn more about how Vitamin B-12 is absorbed by the human body from fortified foods. Participants must not have anemia, kidney disease, or gastrointestinal disease. Also, participants must be able to eat bread containing wheat.

In this 8-day study on the UCD campus, participants must be available for a one 12-hour study visit and eight 30-minute, morning visits each day afterwards. There is one 60-minute screening visit prior to starting the study. The study includes assessment of Vitamin B-12 status and monetary compensation for participation.

For more information, call USDA, ARS Western Human Nutrition Research Center at (530) 752-5177, and press #7 or visit:

www.ars.usda.gov/pwa/davis/whnrc/nutrition

INFORMATION & ASSISTANCE

CELL PHONE HELP

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



MOVIES

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

September 4 - Akeelah and the Bee (2006) 1 hour and 52 minutes - An 11-year-old girl in Los Angeles, with a love for words, is a bright student, but has been skipping class. Akeelah's principal is about to put her in detention when he persuades her to enter the school's spelling bee.

September 11 - On Golden Pond (1981) 1 hour and 50 minutes - An aging couple spend each summer at their home on Golden Pond. They are visited by their daughter with her fiancé, where they drop off his rebellious son.

September 18 - No Movie (Furlough Day)

September 25 - Ghost Town (2008) 1 hour and 42 minutes - Bertram Pincus is a man whose people skills leave much to be desired. When he dies unexpectedly, but is miraculously revived, he wakes up to discover that he now has the annoying ability to see ghosts.

HEALTH & WELLNESS

SAVE THE DATE

Mark your calendar for **Wednesday, October 28**, the date for our annual Senior Health Fair, co-sponsored by Sutter Davis Hospital & Sutter West Medical Group. We expect to offer flu shots and a variety of health screenings and health education exhibits. More in next month's Senior Scene.

ONGOING FITNESS CLASSES

We offer many fitness classes that can help you reach your fitness goals. For more information, inquire at the Senior Center office, 757-5696.

Balance – Level 1 **Sept 14**
(M, 1:00 – 2:30 p.m.) \$12 res/\$18/\$25 non-res

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

Dynabands **Sept 8 - October 29**
(T, Th 2:30-3:30 p.m.) \$20 res/\$26/\$33 non-res
Dynabands **Sept 9 – October 30**
(MWF, 2-3:00 p.m.) \$24/res/\$30/\$37 non-res

Feldenkrais - **Sept 8 - 29**
(MWF, 10:15 – 11:15 a.m.) \$21 res/\$27/\$34 non-res
Feldenkrais - **Sept 8 - 29**
(MWF, 11:30 – 12:30 a.m.) \$21 res/\$27/\$34 non-res

Fitness for Life – Adv. **Sept 9 - 30**
(MWF, 7:30-8:30 a.m.) \$35 res/\$41/\$48 non-res
Fitness for Life – Beg. **Sept 9 - 30**
(MWF, 8:45-9:45 a.m.) \$35 res/\$41/\$48 non-res

Sr. Golf Lessons **Sept 14 – 30**
(MW, 9:30 – 10:30 a.m.) \$80 res/\$86/\$93 non-res

Line Dance **Sept 9 - 30**
(W, 3:30-4:30 p.m.) \$16 res/\$22/\$29 non-res

Tai Chi/Chi Gung **Sept 8 - 29**
(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

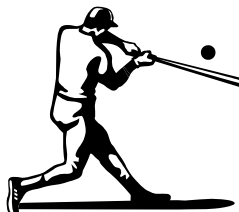
Yoga – Intermediate **Sept 3 – Oct 1**
(M,Th, 8:05 -10:05 a.m.) \$80 res/\$86/\$93 non-res

Yoga – Chair **Sept 3 – Oct 1**
(M,Th, 10:30-11:30 a.m.) \$42 res/\$48/\$55 non-res

Zumba - **Sept 11 - 25**
(F, 12:30 – 1:15 p.m.) \$12 res/\$18/\$25 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.

SENIOR SOFTBALL LEAGUE

There will be a 6-game softball league open to any player who is at least 50 years of age on or before December 31, 2009. Players sign up as individuals and will be assigned to a team. All games will be played at Playfields



Park, so dust off that old mitt and sign up! Games will be on Mondays and the cost is only \$30 per person.

SAFE TRANSFERS & FALLS PREVENTION

Join us at the Center on **Thursday, September 17, 1:30-3:00 p.m.**, for a free presentation by LVN Pam Cameron, Client Services Coordinator for Comfort Keeper's. Pam, a family nurse consultant, trainer and lecturer, collaborates with Del Oro Caregiver Resource Center to bring this critical information to older adults and caregivers. In this presentation you will learn:

- How to protect your back while safely performing transfers
- How to preserve and increase your loved one's mobility
- Strategies to prevent falls and to make your home safe

Please call Del Oro at 1-800-635-0220 to reserve your spot.

GLOBAL LAUGHTER CLUB-

Why laugh? Laughter reduces stress, lowers your blood pressure, boosts immunity, eases physical pain and promotes happiness. A new group called The Global Laughter Club has started meeting at the Senior Center every **Wednesday at 10:15 a.m.** This club will help you build energy and relieve stress by laughing, playing like children, and using breathing techniques. Join instructor, Donna Arliene, for this simple, easy class. Come and participate or just observe. Please sign up at the front desk to be part of this free club, 757-5696.

GUIDED RELAXATION THROUGH VISUALIZATION MEDITATION TECHNIQUES

Meditation can result in significant health benefits such as a reduction stress, improving sleep patterns, and increasing energy. Instructor, Kathy Green, will go over types of meditation and show you how to meditate through visualization. This program will take place **Tuesday, September 29, 1:00 – 2:00 p.m.** Sign up for this free program by calling 757-5696 or stop by the front desk.

BOOST YOUR VITAMIN D



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

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

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

MEDI-CAL SOLUTIONS

Recent cutbacks in the Medi-Cal program (for low-income Californians) have eliminated many medical services for people over 21 years of age. Dental services, chiropractic services, podiatry, mental health counseling and acupuncture are among the cuts due to the state's budget deficit.

There is some help available for low-income seniors on Medi-Cal. It's called Partnership Advantage and it's offered to Yolo county residents by Partnership Health-Plan of California, the local agency that administers Medi-Cal benefits. Full medical and prescription drug benefits are offered under Partnership Advantage, and the dental benefits that were eliminated by Medi-Cal will continue to be covered as well. This is a comprehensive benefit encompassing cleanings, X-rays, fillings, crowns, bridges, endodontic and periodontic services, prosthetics (including dentures) and anesthesia.

The medical benefits under Partnership Advantage cover in-patient and outpatient services, primary care, specialist services, labs, hospitalizations and prescription medications. Other benefits include transportation to medical appointments, home safety assessments, grab-bar installations, and an annual physical examination.

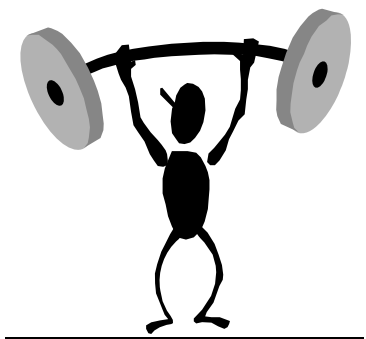
There are no premiums or co-pays for any medical or dental services under PartnershipAdvantage. To find out if you qualify for the plan, call 1-866-249-9933. TDD/TTY callers use: 800-226-2140, or go online at: www.partnershiphp.org

SECRETS FOR LONG LIFE

Researcher Dan Buettner has identified “Blue Zones,” small geographic pockets inhabited by the world’s longest-lived populations. In each of these regions, people reach age 100 at rates significantly higher than the rest of us, and on average live longer, healthier lives. Some Blue Zones: Okinawa, Japan; the Nicoya Peninsula in Costa Rica; the Barbagia region of Sardinia, Italy; and Loma Linda, California. Based on the Blue Zones research, nine key factors may help produce the same positive results for many of us. They are:

- Stop eating when you're 80% full
- Eat more veggies, less protein and fewer processed foods
- Drink red wine, in moderation
- Have a sense of purpose in life
- Maintain a spiritual or religious belief system
- Work less, slow down, take vacations
- Make physical movement a vital part of each day
- Create a healthy social network
- Make family a priority

Source: AARP Magazine



SHARPS DISPOSAL CONTAINERS

It is now 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 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 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.

MISCELLANEOUS

IT'S NATIONAL SENIOR CENTER MONTH!

As a new generation of older adults looks to redefine retirement, there is a growing focus on wellness, lifelong learning and volunteerism. When it comes to finding tools for staying healthy and involved or information about benefits, senior centers are the place to start. This September, the Davis Senior Center invites you, your friends and family to learn more about our programs and services during National Senior Center Month.

Make a Connection! is the theme of this year’s celebration. We urge you to connect through participating in some of the myriad activities offered at the Center: fitness classes, special events, health lectures, luncheons, etc. Take advantage of the services that can make your life easier: minor home repair, medical equipment closet, health insurance counseling, information and assistance.

Learn more by dropping by the Senior Center or visit our website at www.cityofdavis.org/cs/seniors

AARP DRIVERS SAFETY CLASS

The 2-day AARP Driver Safety Class will be offered at the Senior Center on **Wednesday and Thursday, September 23 and 24, 12:30-4:30 p.m.** 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.

BRIDGE LESSONS – CLUB SERIES

This class is designed for beginner level students, or for someone who has received no formal instruction on the game, but would like to refine their current skills. This is the first class of the ACBL instructional series. Advanced level players should not register for this class. “Bidding in the 21st Century®” text required. The class meets **Thursdays, September 10 – November 5, 9:30 – 11:30 a.m.** and costs \$44 for Davis residents.

BRIDGE LESSONS – 1 STAR CONVENTIONS

This class is designed for advanced level students who have completed the Club, Diamond, Heart and Spade Series or their equivalent. This class is designed for players who have received formal instruction on the game, and have been actively playing the game for some time. First time students should not register for this class without prior consent from the instructor. “Modern Bridge Conventions®” text required. Class meets **Thursdays, September 10 – November 5, 1:00 – 3:00 p.m.** and costs \$44 for Davis residents.

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!

PET PRESENTATION

Are you thinking of adopting a pet? **On September 4, 11:00 a.m.**, UCD Vet Students will be at the Senior Center to give a brief presentation on the pro's and con's of adopting a pet. They will also be able to answer questions. Please sign up at the front desk for this free program.

BEE PRESENTATION

In the late 1990’s, bee biologists started to notice a decline in the abundance and distribution of several wild bumble bee species. Three of these species (western bumble bee, rusty patched bumble bee, and yellowbanded bumble bee) were once very common and important crop pollinators over their ranges. Native pollinator specialist Robbin Thorp, Professor Emeritus of Entomology at UC Davis, will be at the Senior Center **Tuesday, September 15, 2 p.m.** to discuss his research on bees. Please sign up for this free program by calling 757-5696 or stop by the front desk.

**FURLOUGH DAYS**

The Senior Center, as a city of Davis facility, will be operating at reduced staff levels on furlough days, aimed at reducing the city’s budget shortfall. Upcoming furlough days will be **Fridays, September 18 and October 30, as well as Wednesday, November 25.**

During the furlough days, the administrative offices at the Senior Center will be closed, 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 staff rotating their furlough days, so seniors needing transportation can still utilize that service.

The following activities will be cancelled at the Senior Center on Friday furlough days: watercolor painting, current events, memoirs class, nostalgics singing, video movie, red hat 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.

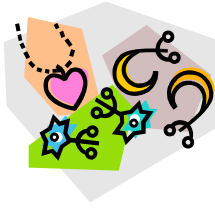
LOW-VISION GROUP

A representative from the Society for the Blind will be speaking at the **University Retirement Community**, 1515 Shasta Drive, on **Thursday, September 10, 3:00 p.m.** The public is welcome to this newly formed low-vision support group. Visitors are encouraged to carpool because parking is limited.

JEWELRY SALE

The Senior Center is planning a Jewelry Sale to be held on **Friday, November 6, 9:00 a.m. – 1:00 p.m.**

Please 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.

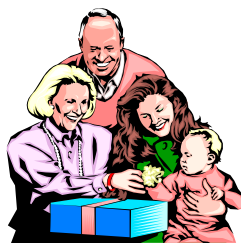
**AMERICAN SIGN LANGUAGE CLASS**

For the first time, the Senior Center will offer 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.

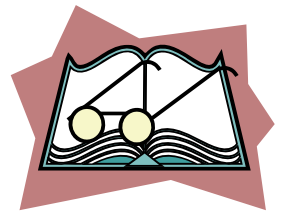
American Sign Language is the language of the deaf. The beautiful language is used to teach babies to communicate before they talk, to help the hard of hearing to communicate, or just to visit with a friend who is on the other side of the room. Use the signs you have learned as you sing your favorite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

**SEPTEMBER 13 IS NATIONAL GRANDPARENTS DAY**

The impetus for a National Grandparents Day originated with Marian McQuade, a housewife in Fayette County, West Virginia. Her primary motivation was to champion the cause of lonely elderly in nursing homes. She also hoped to persuade grandchildren to tap the wisdom and heritage their grandparents could provide. President Jimmy Carter, in 1978, proclaimed that National Grandparents Day would be celebrated every year on the first Sunday after Labor Day.

**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.)

**UNIVERSITY RETIREMENT COMMUNITY BAZAAR 2009**

The annual Bizarre Bazaar will be held on **Saturday, September 19, 8:00 a.m. – 4:00 p.m.** at 1515 Shasta Drive. All proceeds benefit the non-profit URC Foundation.

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.

INSTRUCTIONAL PAINTING CLASSES

Instructor Sandra Gray-Fitzpatrick will teach classes on **Thursdays, September 10 - 17, 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.

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

The first watercolor class begins **Friday, September 11, 9:30 a.m.** Seniors arrive earlier to set up and visit. Gloria Bonekat will be teaching in September. Bring the usual supplies of sketching paper, watercolor paper, brushes, paints and a container for water. (Note that the first Friday of September the room is not available.)

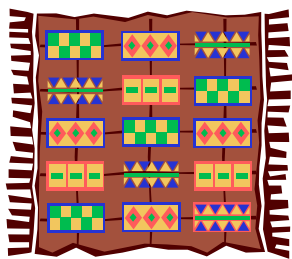
Senior artists enjoy presenting their work to the Yolo County Fair each year. Many prize ribbons come back to Davis in a variety of subject categories such as landscape, seascape, people, structures etc. Some of the winning paintings will be displayed soon in the Senior Center.

This gives us another opportunity to realize how lucky we are to use our senior center to advance participants in their artistic skill of choice. We have a lovely room in which to paint on Friday mornings. We also benefit from the generous help of art teachers who volunteer their time. No wonder our group is enthusiastic!

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**

need.

Project Linus meets on **Wednesday, September 2, 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

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, September 19 from 12:30 - 3:00 p.m.** Snacks are provided. The cost is 25¢ per card for two games.

LBGTea GROUP

Creating community for gays and lesbians 50+ meets on first and third **Thursdays, September 3 & 17 at 3:30 p.m.**

BOOK REVIEW AND SENIOR READS

Stan Forbes will be here on **Tuesday, September 15 at 9:30 a.m.** to review some of the new books currently available. Senior Center Reads will follow at **10:30 a.m.**

The book to be discussed is *Season of Migration to the North*, by Tayeb Salih. In 2001, it was selected by a panel of Arab writers and critics as the most important Arab novel of the 20th century. Books are available for purchase at the front desk.

CURRENT EVENTS DISCUSSION GROUP

The discussion group will meet on **Friday, September 4, 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 on **Monday, September 28 at 1:00 p.m.** for a presentation titled *Genetic Genealogy: DNA as a Key to Your Ancestors*.

Family historians become adept at researching their ancestry through the meticulous work of visiting county courthouses and libraries, surfing the internet for vital documents, and listening to family stories. Sometimes a “brick wall” is reached that slows the search. An option now available is genetic DNA testing which can verify a research paper trail, expand a family tree, find new cousins, and more. Come learn about the genetic

genealogy DNA process and see if it holds the key to your ancestors.

Our speaker, Jim Rader, has been researching variations of his surname for over 20 years. He is coordinator of the “Rader” Group Project at www.familyTreeDNA.com. He teaches various computer and genealogy courses at the Folsom Cordova Adult Education Center, lectures for local genealogy groups, and has six books in print.

Guests are most welcome!

Our library is open to the public on Wednesdays and Fridays, 1:00 - 4:00 p.m. (except September 18, and 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. Next meeting will be **Tuesday, September 22**. All are welcome.

“PhotoSharing on the Web” will be the topic of discussion. The IUG has a Flickr account so we'll re-explore how to use that service. We'll also talk about Picassa and other photo sharing sites. And, as a bonus we'll look into having our photographs published in an 'on demand' book for a reasonable price.

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

MAC USERS GROUP

This group will be meeting on **Tuesday, September 8, 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, September 11 and 25 at 2:00 p.m.**



NOSTALGICS

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

RED HAT SOCIETY

The ladies of the DSC Rockers cordially invite you to their monthly “Game Day” to be held on **Friday, September 25, 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!

DAVIS STAMP CLUB

The Davis Stamp Club will meet **Tuesday, September 1, 7:00 - 8:00 p.m.** For more information, call Anne Hance at 753-7265.

SUPPORT GROUPS

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

ALZHEIMER'S SUPPORT GROUP – **Wednesday, September 16 at 10:00 a.m.**

BREATHERS SUPPORT GROUP – **No meeting in September.**

MEN'S GROUP – **Wednesday, September 23 at 10:00 a.m.**

PARKINSON'S SUPPORT GROUP – **Tuesday, September 22 at 1:30 p.m.**

PROSTATE CANCER SUPPORT GROUP– **On Monday, September 14 at 6:30 p.m.** Andrew Purdy will provide a discussion of the latest methods of physical therapy for ED, which is a common side effect following cancer treatment. Men who have concerns are most welcome to attend. For further information, call 756-9153.

TRANSITIONS GROUP -**Wednesday, September 9 & 23 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.

TRANSIT INFORMATION

DAVIS COMMUNITY TRANSIT

Greetings from DCT! This month we need to say goodbye to Thomas Lee, Michal Anna Bennison and Tracy Chinn. We thank them all for their service to DCT and we wish them all well with their future endeavors. Our mobility training project with Paratransit Inc. has been very successful. We appreciate those of you who attended the workshops and from the workshops those of you who signed up for the training!

THE GIFT OF GIVING

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

Duplicate Bridge – Monday	\$ 84
Handy Helpers	\$
Hem & Haw (SCD)	\$ 57
Information & Assistance	\$ 18
Medical Equipment Donations	\$175
Miscellaneous	\$ 69
Monday Social Bridge	\$
SCD	\$ 2618
Tap Dancers	\$ 10
Tuesday Pinochle	\$ 12
Total	\$3,043

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

HELPING OTHERS

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

- **USED PRESCRIPTION EYGLASSES AND HEARING AIDS**
- **HOUSEHOLD BATTERIES** (we keep them from contaminating the landfill)
- **CHARITABLE FINANCIAL GIFTS** are always welcome (and tax deductible).

MEET YOUR STAFF!



I am Jan Butler the Senior Office Assistant at the Senior Center. I answer phones, register people for city classes, special events and programs at the center. I keep track of the money and do PO's when needed. I help put together the Senior Scene, and make sure it gets to the copy room in a timely

manner, and do assorted tasks as needed.

I am working on my 28th year with the city of Davis. I started in 1981 as a part-timer working downtown in what is now Parcel Dispatch PDQ. Shortly after that we moved to the current City Hall. While there I worked with child care services giving out referrals for people looking for child care and also registering folks for classes. When they were looking for a clerical person to move to the Hunt Boyer building, I thought it would be a good move and I worked at the Hunt Boyer in the morning, and the Senior Center in the afternoon. After several years at the Senior Center, I was able to go full time and I have been here ever since. I have worked with wonderful and entertaining people all along the way.

My favorite sound would be water. Either a babbling brook or the thunder of a good, roaring waterfall.

Hobbies outside of work include bike riding with my buddies, vacation trips, photography, good books, gardening, or just a few rare moments of nothing to do.

THANK YOU TO THE ICE CREAM SOCIAL AND VOLUNTEER RECOGNITION CONTRIBUTORS

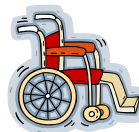
The party was a success and we couldn't have done it without our generous contributors. Davis Creamery gave us the great ice cream and Nugget Market contributed all the toppings. Thanks also to the volunteers who did the serving and scooping and helped with set ups.

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, September 10, 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, September 14 and 21, 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****September 18 – Secrets of the Presidio** – Wait list.**September 23 – South Pacific** – Lincoln Center Theater presents a new production of Rogers and Hammerstein's prize-winning musical classic set on a tropical island during World War II. Presented at San Francisco's Golden Gate Theatre. Hosted lunch at Capp's Restaurant. \$160.**October 1 – Apple Hill** – A yearly favorite! Guided tour of Apple Hill ranches, hosted BBQ chicken lunch with apple pie and ice cream. Free time at High Hill ranch to shop for apples and pies to take home. \$56.**October 12 – 14 – Central Coastal Retreat** – Wait list.**November 12 – Sand Hill Cranes** - Lunch at Lodi Feed and Fuel. Visit the Haggin Museum in Stockton. In late afternoon, a docent-led tour presents the cranes in their reserve habitat. See these amazing birds with a five-foot wing span as they fly in to bed down for the night. \$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. Whether photographing politicians, artists, writers, fashion models or movie stars Richard Avedon revolutionized the world of photography. \$115.**December 2 – Poinsettia Farm** – Wait list.**December 15 – Roseville Galleria shopping** \$30.**December 24 – 26 – Christmas in Yosemite** – Wait list.**January 12, 2010 – King Tut exhibit at the deYoung** – Wait list.**January 20 – Skylark, A Tribute to Johnny Mercer** – One of America's finest lyricists, Johnny Mercer was a respected solo artist and a multiple Oscar winner collaborating with noted composers Hoagy Carmichael, Jerome Kern and Henry Mancini. Commissioned by the Savannah Musical Festival, as a tribute to her native son, "Skylark," highlights 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, the Huntington, the two Getty's and much more.** \$799 pp dbl., ss add \$355.**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, five 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.**May 28 – 29 – Mule Days** – What fun this trip is. Pick up flyer at Travelaires office.For all Travelaires trips, park on the east side of A Street and the south side of 7th Street.

September 2009

	Tuesday Sept 1	Wednesday Sept 2	Thursday Sept 3	Friday Sept 4
+ Vitamin C *Vitamin A Each meal includes 8 oz 1% milk	*Caesar Slaw+* **Ham Sandwich on Wheat w/lettuce, pickles, & condiments **Dreamy Peaches N' Cream	**Cheesy Lasagna *Italian Vegetable Blend *Garlic Bread *Fresh Fruit	*Sassy Chicken Strip Salad with Spinach & Balsamic Vinaigrette *Chilled Rice Salad *Crackers *Sugar Free Gelatin w/Fruit+	Salisbury Steak w/Pearl Onions and Mushrooms *Mashed Potatoes+ *Wheat Bread *Blushed Pears
Monday Sept 7	Tuesday Sept 8	Wednesday Sept 9	Thursday Sept 10	Friday Sept 11
Labor Day Holiday!	<u>Elderly Nutrition Program Benefit Luncheon</u> No ENP Meal Today MOW Delivery Only	*Shrimp 'Mocktail' Salad Shrimp, mock crab, fresh greens, tomato, ½ egg, 1,000 island dressing *Pasta Salad *Sunset Gelatin+*	<i>National Hot Dog Day</i> **Hot Dog w/Bun With all the Fixin's! *Chili Beans w/Beef Higher *Mixed Vegetables* Sodium *Fruit Crisp+ Meal	**Nantucket Croissant w/ turkey, cream cheese & cranberry spread *Red Potato Salad *Fresh Fruit+
Monday Sept 14	Tuesday Sept 15	Wednesday Sept 16	Thursday Sept 17	Friday Sept 18
Dijon Chicken *Steamed Brown Rice *Peas & Carrots* *Whole Wheat Roll *Fruit Juice+	*Fruit Juice+ **California Sandwich Foccacia with Ranch spread, cheeses and veggies *Marinated Bean Salad **Sweet Surprise	*Baked Ham w/glaze *Sweet Potatoes* Brussel Sprouts+ *Cornbread *Applesauce	**Chinese Chicken Salad Teriyaki Chicken served over greens w/red bells, mushrooms water chestnuts, Crispy noodles *Whole Wheat Crackers *Citrus Cup+	Meatloaf and Gravy *Augratin Potatoes+ Spinach* w/ Lemon Butter *Whole Wheat Bread *Fresh Fruit+
Monday Sept 21	Tuesday Sept 22	Wednesday Sept 23	Thursday Sept 24	Friday Sept 25
**Twice Baked Potato topped w/cheddar, mushrooms, green onions & sour cream Chefs Blend Vegetables*+ *Wheat Roll *Apricot Halves*	Marinated Herb Chicken Broccoli+* *Stewed Tomatoes+ *Wheat Bread *Tropical Fruit+	Stuffed Tomato w/ tuna, served on a bed of crisp greens and lemon wedge *Macaroni Salad *Rye Krisp Crackers **Fruit Juice+	**Hamburger w/Bun, lettuce, onion, pickles & condiments *Corn *Fresh Melon+ *Ranch Beans	*Classic Wedge Salad lettuce wedge, topped w/tomatoes bacon, bleu cheese, hard boiled egg and creamy dressing *Orzo Salad *Whole Wheat Bread *Raspberry Parfait+
Monday Sept 28	Tuesday Sept 29	Wednesday Sept 30		
Pork Chop in Marsala Sauce *Rosemary Potatoes *Tender Baby Carrots* *Whole Grain Bread *Mixed Fruit+	Lemon Pepper Fish *Quinoa w/Veggies *Coleslaw* *Whole Wheat Roll *Fresh Fruit+	<i>Happy Birthday</i> Oven Fried Chicken *Mashed Potatoes n' Gravy Country Vegetable Blend+* *Biscuit *Fruit Juice+ **Birthday Cake	\$3.00 Senior Contribution Mandatory charge of \$3.50 for Essential Volunteers (under 60)	\$7.00 GUEST FEE for people under 60 unless accompanied by their senior spouse

Congregate Dining Sites

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

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

Elderly Nutrition Program Main Office Woodland 662-7035

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

Menu Subject to Change

Davis Senior Center Activities – September 2009

Monday	Tuesday	Wednesday	Thursday	Friday
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 Strikethrough indicates No Class that day	1 9:00am Ceramics (V) 1:00pm Bridge/Pinochle (Lg) 2:30pm Dynabands* (MP2) 7:00pm Stamp Club (G)	2 7:30am Fitness For Life* & 8:45 am (MP2) 8:45am Walk N' Talk/Pehlke Pacers (Ly) 9:00am Peer Counselors Meeting (G) 10:15am Global Laughter Club* (G) 1:00pm Hem & Haw (A) 1:00pm Linus Project(V) 1:00pm Poker (Lg) 1:00-4:00pm Genealogy Library Hours (Lib) 2:00pm Dynabands* (MP2) 3:30pm Line Dance* (MP2)	3 8:05am Intermediate Yoga* (A) 9:30am Memoirs* (G) 10:30am Chair Yoga* (A) 12:30pm Bingo(V) 2:30pm Dynabands* (MP2) 3:30pm LGBTea (G)	4 7:30am Fitness For Life* & 8:45 am (MP2) 8:45am Walk N' Talk/Pehlke Pacers (Ly) 9:30am Memoirs* (A) 9:30am Watercolor Painting (V) 11:00am Pet Presentation* (G) 12:15pm Video Movie(G) 12:30pm Zumba* (MP2) 1:00pm Nostalgies (MP1) 1:00-4:00pm Genealogy Library Hours (Lib) 2:00pm Current Events (A) 2:00pm Dynabands (MP2)
7 LABOR DAY HOLIDAY Senior center and Elderly Nutrition Program Closed	8 9:00am Ceramics(V) 9:00am Tai Chi* (MP2) 10:15am Feldenkrais* (A) 11:00am SCD Luncheon/Business Mtg. (MPR) 11:30am Feldenkrais* (A) 10:30am Blood Pressure Check (MP1) 1:00pm Bridge/Pinochle (Lg) 2:30pm Dynabands * (MP2) 6:30pm Mac Users Group (A)	9 7:30am Fitness For Life* & 8:45 am (MP2) 8:45am Walk N' Talk/Pehlke Pacers (Ly) 10:00am Transitions Group (Lib) 10:15am Global Laughter Club* (G) 1:00pm Hem & Haw (A) 1:00pm Poker (Lg) 1-4:00pm Genealogy Library Hours (Lib) 2:00pm Dynabands* (MP2) 3:30pm Line Dance* (MP2)	10 8:05am Intermediate Yoga* (A) 9:00am Instructional Painting* (V) 9:30am Memoirs* (MP2) 9:30am Bridge Lessons*(G) 10:30am Chair Yoga* (A) 12:30pm Bingo(V) 1:00pm Bridge Lessons*(G) 2:30pm Dynabands* (MP2) 2:30pm Senior Commission Mtg. (MP1)	11 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 Nostalgies (MP1) 1:00-4:00pm Genealogy Library Hours (Lib) 2:00pm Dynabands* (MP2) 2:15pm Jam Session & Dance* (MP1)
14 7:30am Fitness For Life* & 8:45 am (MP2) 8:15am Intermediate Yoga* 10:30am Chair Yoga* (A) 8:30am Veterans Services 8:45am Walk N' Talk/Pehlke Pacers (Ly) 9:00am Oil/Acrylic Painting (V) 9:30am Golf Lessons begin at Wildhorse* 12:30pm Duplicate Bridge (MP1) 1:00pm Genealogy 1:00pm Scrabble/Bridge/Mah Jongg/Canasta (G) 1:00am Beginning Balance Class* (A) 2:00pm Dynabands* (MP2) 2:00pm Legal Assistance* 3:30pm Tap Dancing (V) 6:00pm Social Bridge (G) 6:30pm Prostate Cancer Support Group	15 9:00am Ceramics(V) 9:00am Tai Chi* (MP2) 9:30am Book Review (G) 10:15am Feldenkrais* (A) 10:30am Senior Center Reads (G) 11:30am Feldenkrais* (A) 1:00pm Bridge/Pinochle(Lg) 2:00pm Bee Presentation* (V) 2:30pm Dynabands * (MP2)	16 7:30am Fitness For Life* & 8:45 am (MP2) 8:45am Walk N' Talk/Pehlke Pacers (Ly) 10:00am Alzheimer's Support Group (Lib) 10:15am Global Laughter Club* (G) 11:00am Food Distribution (MP2) 1:00pm Hem & Haw (A) 1:00pm Poker (Lg) 1:15pm Low Sodium Cooking Talk* (G) 1:00-4:00pm Genealogy Library Hours (Lib) 2:00pm Dynabands* (MP2) 3:30pm Line Dance*	17 8:05am Intermediate Yoga* (A) 9:00am HICAP Appts* 9:00am Instructional Painting* (V) 9:30am Memoirs* (MP2) 9:30am Bridge Lessons*(G) 10:30am Chair Yoga* (A) 12:30pm Bingo (V) 1:00pm Bridge Lessons*(G) 1:30pm Safe Transfers & Falls Prevention* (MP2) 2:30pm Dynabands * (MP2) 3:30pm LGBTea (G)	18 Furlough Day Only paid classes & ENP 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 Nostalgies (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., Sept. 19, 12:00 – 3:00 pm SCD Bingo (V)
21 7:30am Fitness For Life* & 8:45 am (MP2) 8:15am Intermediate Yoga* 10:30am Chair Yoga*(A) 8:30am Veterans Services 8:45am Walk N' Talk/Pehlke Pacers (Ly) 9:00am Oil/Acrylic Painting (V) 12:30pm Duplicate Bridge (MP1) 1:00pm Scrabble/Bridge/Mah Jongg/Canasta (G) 2:00pm Dynabands* (MP2) 3:30pm Tap Dancing (V) 6:00pm Social Bridge (G)	22 9:00am Ceramics(V) 9:00am Tai Chi* (MP2) 10:15am Feldenkrais* (A) 11:30am Feldenkrais* (A) 1:00pm Bridge/Pinochle (Lg) 1:00pm Spelling Bee* (MP1) 1:30pm Parkinson's Support Group (MP1) 2:30pm Dynabands * (MP2) 7:00pm Internet Users Group (A)	23 7:30am Fitness For Life* & 8:45 am (MP2) 8:45am Walk N' Talk/Pehlke Pacers (Ly) 10:00am Men's Group (A) 10:00am Transitions Group (Lib) 10:00am Bones for Life* (A) 10:15am Global Laughter Club* (G) 12:30pm AARP Driver Safety Class* (MPR1) 1:00pm Hem & Haw (A) 1:00pm Poker (Lg) 1:00-4:00pm Genealogy Library Hours (Lib) 2:00pm Dynabands*(MP2)3:30pmLine Dance*(MP2)	24 8:05am Intermediate Yoga* (A) 9:30am Memoirs* (MP2) 9:30am Bridge Lessons* (G) 10:30am Chair Yoga* (A) 12:30pm Bingo(V) 12:30pm AARP Driver Safety Class* (MPR1) 1:00pm Bridge Lessons*(G) 1:30pm Breatheers Support Group No mtg this month 2:30pm Dynabands * (MP2)	25 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 Nostalgies (MP1) 1:00-4:00pm Genealogy Library Hours (Lib) 1:00pm Red Hats – Game Day (V) 2:00pm Dynabands* (MP2) 2:15pm Jam Session & Dance (MP1)
28 7:30am Fitness For Life* & 8:45 am (MP2) 8:15am Intermediate Yoga* 10:30am Chair Yoga* (A) 8:30am Veterans Services 8:45am Walk N' Talk/Pehlke Pacers (Ly) 9:00am Oil/Acrylic Painting (V) 12:30pm Duplicate Bridge (MP1) 1:00pm Scrabble/Bridge/Mah Jongg/Canasta (G) 1:00pm Genealogy Club Meeting (A) 2:00pm Dynabands* (MP2) 3:30pm Tap Dancing (V) 6:00pm Social Bridge (G)	29 9:00am Ceramics(V) 9:00am Tai Chi* (MP2) 10:15am Feldenkrais* (A) 11:30am Feldenkrais* (A) 1:00pm Bridge/Pinochle (Lg) 1:00pm Guided Relaxation through Visualization Meditation Techniques* (G) 2:30pm Dynabands * (MP2)	30 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 Poker (Lg) 1:00pm Genealogy Library Hours (Lib) 2:00pm Dynabands* (MP2) 3:30pm Line Dance* (MP2)	Transportation Services 757-4408 Senior Center Offices 757-5696	* Indicates need to register in advance, and/or by appointment Please call 757-5696