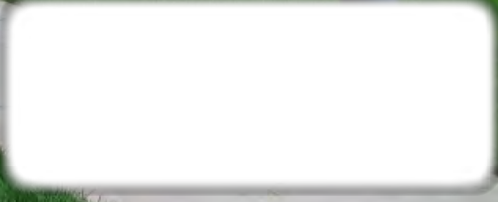


Davis
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Davis Senior Center
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Office: (530) 757-5696

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Volume XXXVI Number 1

Office Fax: (530) 758-0463

January 2012

\$10.00/Year Subscription

Email: seniorservices@cityofdavis.org

www.cityofdavis.org/cs/seniors

TEA AFFAIRE



The Davis Senior Center will host a formal *Tea Affaire* on **Tuesday, January 24 at 2:00 p.m.**, highlighted by a demonstration by the Tea Leaf, a presentation on *Hollywood Hats*, and a singing performance by Daisy Troop 292.

Indulge in a variety of fine teas provided by the Tea Leaf and delicious tea sandwiches and refreshments provided by the Californian. Also, wear a festive hat (if you wish). Tickets are \$8 and will be available in early January. Call the front desk for more information.



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MIND AND BODY WELLNESS CHALLENGE

This year the Davis Senior Center is joining the UCD Retirement Center's annual Mind Body Wellness Challenge, which encourages us to adopt a new healthy habit and keep it for seven weeks.

The challenge focuses on overall wellness, not simply diet and

exercise, as a holistic approach to improving one's health. Participants can choose a healthy habit from one of seven dimensions of the wellness wheel: physical, social, emotional, intellectual, environmental, occupational and spiritual. We challenge you to make a change for the better. Come to the kick-off event **Tuesday, January 17 at 1:00 p.m.** to learn more about the challenge. Sign up by calling 757-5696.



Closure Schedule

The Senior Center and ENP will be closed **Monday, January 2** for the New Year holiday and **Monday, January 16** for the Martin Luther King, Jr. Holiday.

SENIOR CITIZENS OF DAVIS *Exploring New Possibilities*



Year-long Celebration!



It's SCD's 40th anniversary this year. That's 40 years of services to the Senior Center and our senior community. You'll find us doing more exciting things this year including a new line-up of evening events, dinners, dances, and stage acts. We're ramping up our monthly lunch entertainment with music, comedy, and an "armchair tour" show. We'll also be spicing up the pot for the Saturday Bingo program. Join us!

Your membership and donations have allowed us to reach this milestone. Words cannot express how truly thankful we are for your continued support.

So come celebrate 2012 with us. We look forward to seeing you.

SCD Board of Directors

John Gerlich—President

Vacant—Vice President

Yvonne Butler—Secretary

Barbara Takesue—Treasurer

Barbara Hodson Membership

Vacant—General Services

Betty Iams—Past President

Senior of the Year Award Luncheon

Our annual "SCD Senior of the Year Award" will be presented at our first business luncheon of 2012. Plan to join us **Tuesday, January 10 at 11:30 a.m.** as we honor this very special person(s). Also, we will install our newly elected SCD Board members.

Our entertainment will feature a special program, *History Undressed* with Lady Carolyn. She'll take you for a walk through times past using historic clothing as her vehicle, Lady Carolyn brings life to history on a personal level. She'll share stories about people who wore the clothing, the occasions and special circumstances that they were worn, and include highlights of the events and milestones of an era gone by. Her presentation is delightful, educational, and entertaining.



Our luncheon will be catered by *UC Catering* and SCD. Tickets are on sale now at the center's front desk, \$7 for SCD members, \$10 for non-members.

Valentine's Day Celebration



Our luncheon falls on a special day this year, and we're ready to spread the love. Join us on **Tuesday, February 14 at 11:30 am** for "Lovefest, SCD Style."



Local group, *Frankie and the Fabletones*, will perform musical magic with their variety of '50s & '60s Doo Wop and a selection of songs that will bring back fond memories from that period.

Palm Gardens Assisted Living in Woodland will cater the luncheon. So mark your calendar. Tickets go on sale January 3 at the center's front desk, \$7 for SCD members, \$10 for non-members.

Bingo Update



The SCD Bingo committee has announced the re-establishing of their monthly Saturday Bingo program. This will be in addition to the ongoing Thursday program. Saturday Bingo will be on the **3rd Saturday of each month, 12:30 - 3:00 p.m.** with the exception of holiday weekends.

In keeping with our year-long 40th anniversary celebration, SCD will be offering \$40 in additional prize money at each Saturday Bingo. So join your friends and have fun at Saturday Bingo!

Sushine Lady

Sunshine Lady Elisabeth Bogren has sent:

Get well cards to Gene Manzo and Kay Campbell.

Sympathy cards to Candy Garcia for loss of her son, Betty Kaufman for loss of her brother and to the family of Marie Colvin.

Contact Elisabeth at 756-5703 for sympathy, get well or thinking of you card requests.

FRIENDSHIP CAFÉ & ELDERLY NUTRITION PROGRAM

Cecilia Plascencia, Site Manager
Phone #: 747-5870

Office Hours: M-F 9:00 a.m.—1:00 p.m.

Meal Highlights

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

Wednesday, January 25 —

“Happy Birthday” Join us for roast turkey with gravy, dressing and cranberries, baked sweet potato, wheat roll, fruit juice and birthday cake.



Tuesday, January 31 — “Celebrate Russian Heritage” Enjoy bratslavce over noodles (chicken paprika), cucumber and radish salad, apple babka (bread dessert with fruit sauce), and fruit juice.

TRANSPORTATION

Driver Safety Class

A two-day AARP Drivers Safety Class will be held on **Wednesday & Thursday, January 18 & 19, 12:30—4:30 p.m.** at the Senior Center.



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 front desk.

Davis Community Transit

Happy New Year from DCT! We wish all of our customers a happy and healthy year ahead. We would like to welcome Shaun Marshall and Nick Ostrovskiy to the DCT team. Diana Bergstrand, our Paratransit Coordinator, will be leaving us on January 6 to be a full-time, stay at home mom. We are grateful for her service to the city, and we wish her much happiness with her new baby girl!



Please call the DCT office at 747-8240 if you need further information about our service.

Learn to Use Public Transit

The biggest reason people choose not to use public transit is simple, they don’t know how. Mobility training can teach you to use public transit. And it’s free!

A skilled staff of mobility trainers can walk you through many of the skills you’ll need when using public transit service, including planning your routes, fares, making transfers, the use of fare vending machines, boarding and deboarding transit vehicles, vehicle features, and much more! You can explore the transit system in Davis, Woodland, the airport and Sacramento. It just depends on which systems you want to use. Trainers will keep working with you until you’ve got it mastered.

Schedule your free training by calling 916-868-6220.

The Gift of Giving

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

Duplicate Bridge – Monday	\$ 71
Greeting Cards	\$ 161
Hem & Haw (SCD)	\$ 70
Members of Project Linus	\$ 17
Pinochle Players	\$ 12
Social Bridge	\$ 36

Thank you also to those who donated toward the following:

Genealogy Club Donation	\$ 460
Holiday Centerpiece Activity	\$ 68
Medical Equipment	\$ 138
Miscellaneous Programs & Services	\$ 20
Pehlke Memorial Donation	\$ 250
Total Donations	\$ 1303

We appreciate your continued support!

INFORMATION & ASSISTANCE

Tax Time is Coming

AARP's Tax Aide program will begin the new tax season on February 1, 2012. The program volunteers provide free tax preparation for low- and middle-income individual taxpayers, with special attention to taxpayers 60 and older, although you do not have to be a member of AARP or over 60 years old to receive help.



Tax preparation sessions will be held at the Davis Senior Center on **Mondays, 8:30 - 11:30 a.m., Tuesdays 1:00—5:00 p.m., and Wednesdays noon - 8:30 p.m.** start-starting in February. Call the center at 757-5696 to make an appointment.

Medicare Advantage Plan Changes

If you are covered by a Medicare Advantage plan, and want to disenroll, you will have between January 1 and February 14, 2012 to do so. Changes that you make during the Medicare Advantage Disenrollment Period go into effect the first day of the following month.

During this period, if you have a private health plan (Medicare Advantage plan) with prescription drug coverage, you can switch to Original Medicare and a prescription drug plan or Original Medicare without a prescription drug plan.

If you have a Medicare Private Fee-for-Service plan that does not have prescription drug coverage and a stand-alone prescription drug plan, you can switch to Original Medicare, but you must keep your current prescription drug plan.

For individual counseling about your Medicare options, call the center at 757-5696 for an appointment with a HICAP volunteer counselor. HICAP (Health Insurance Counseling and Advocacy Program) is a non-profit designed to provide an unbiased, free service to help seniors decide what is best for their individual healthcare insurance needs.

Do Not Call Lists

Learn how to stop most unwanted phone solicitations by attending a free "Do Not Call" presentation at the center on



Wednesday, January 25 at 10:30 a.m. Presenter Susan Sarinas will also include some information on "Slamming & Cramming" for those who may have missed her November presentation on phone bills and consumer issues. Please sign up at the front desk.

Help with Utility Bills

The federal Home Energy Assistance Program (HEAP) provides utility assistance once per calendar year for low-income households (under \$29,784 annually for a one-person household, \$38,952 for a two-person household.) It can also provide free weatherization services, such as weather stripping and window caulking. In some cases, the program will replace old, single-pane windows for free! For an application, stop by the Senior Center or call 530-669-5700.

Cell Phone Help

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



Computer Tutoring Available

We're so lucky to have eager volunteers ready and willing to show us how to use computers. Maybe you got a new laptop as a gift, and you need some training. Maybe you still find it hard to search the Web or send an email. These may seem like overwhelming challenges, but our volunteers can help you.

Make an appointment for one-on-one tutoring at the Senior Center by calling 757-5696.

MOVIES

12:15 on Fridays. Join us!

January 6 -Avatar (2009) (PG-13)

2 hours 42 minutes - A paraplegic marine dispatched to the moon Pandora on a unique mission becomes torn between following his orders and protecting the world he feels is his home.



January 13 - The Help (2011) (PG-13)

1 hour 46 minutes - An aspiring author during the civil rights movement of the 1960's decides to write a book detailing the African-American maid's point of view on the white families for which they work, and the hardships they go through on a daily basis.



January 20 - The Manchurian Candidate (1962) (PG-13) 2 hours 6 minutes

A former Korean War POW is brain-washed by Communists into becoming a political assassin. But another former prisoner may know how to save him.



January 27 - Water for Elephants (2011) (PG-13) 2 hours - A veterinary student abandons his studies after his parents are killed and joins a traveling circus as their vet.



Ideas for Friday Movies

We're always interested in your suggestions for films to schedule on Friday afternoons. If you have a favorite, or one you believe would meet with rave reviews from our audience, please let us know. Talk with Alisa at the center, or drop by the front desk.



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, January 18 at 10:00 a.m.**

Breathers Support Group **Thursday, January 26 at 1:30 p.m.**

Hear! Here! Support Group
January's group meeting will be in Woodland and will feature a live demonstration of the California Relay Service.

Men's Group **Wednesday, January 25 at 10:00 a.m.**

Here's a chance to gather in an informal social setting, enjoy some cookies, and hear about topics of the men's choosing. Drop by!

Parkinson's Support Group **Thursday, January 19 at 1:30 p.m.** (Please note new day)

Peripheral Neuropathy Support Group **Tuesday, January 10 at 3:30 p.m.**

Transitions Support Group
Wednesday, January 11 & 25 at 10:00 a.m.
Whether you're dealing with health problems, feeling blue, loss of a loved one, or just the trials of aging, you can find insight and support with this group.

HEALTH AND FITNESS

For more information, inquire at the Senior Center office, 757-5626. We encourage you to speak with your doctor before starting any exercise program to ensure your health and safety.

Bones for Life-Fundamentals Jan 11—Feb 15
(W 9:00—10:15 a.m.) \$40res/\$47/\$53 non-res

Bones for Life-Review Jan 11—Feb 15
(W 10:30—11:30 a.m.) \$40res/\$47/\$53 non-res
(must have completed BFL Fundamentals Class)

Dynabands Jan 4—Feb 29
(M,W,F 2:00—3:00 p.m.) \$28res/\$35/\$41 non-res

Feldenkrais (Continuing Students) Jan 10—31
(T, 10:15—11:15 a.m.) \$22 res/\$29/\$35 non-res

Feldenkrais (New Students) Jan 10—31
(T, 11:30—12:30 p.m.) \$22 res/\$29/\$35 non-res

Fitness for Life #1 & 2 Jan 4—30
(MWF, 7:45—8:45 a.m.) *class full*
(MWF, 9:00—10:00 a.m.) *class full*
(MWF, 3:15—4:15 p.m.) \$41 res/\$48/\$54 non-res

Gaining Balance—Level 1 Jan 23
(M, 1:00—2:30 p.m.) \$14res/\$21/\$27 non-res

Hula Dance Jan 5—26
(Th, 1:30—2:30 p.m.) \$6res/\$13/\$19 non-res

Pehlke Pacers Walk & Talk Ongoing
(M,W,F 8:45 a.m.) free

Tai Chi/Chi Gung Jan 3—31
(T, 9:00—10:00 a.m.) \$26 res/\$33/\$39 non-res

Tap Dancing
(M, 3:00—4:00 p.m.) free

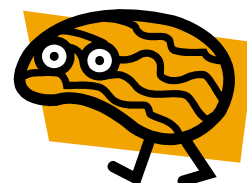
Yoga – Intermediate Jan 5—30
(M,Th, 8:15—9:45 a.m.) \$40 res/\$47/\$53 non-res

Yoga – Chair Jan 5—30
(M,Th, 10:30—11:30 a.m.) \$39 res/\$46/\$52 non-res

Zumba Jan 6—27
(F, 12:30 – 1:15 p.m.) \$17 res/\$24/\$30 non-res

Keep Moving for Brain Health

Regular exercise can improve mental functioning and possibly delay dementia. By improving blood flow to the brain, all aspects of mental functioning, including



memory, are affected. In a study published by the Journal of the American Medical Association, those who claimed to walk less than a quarter mile a day were twice as likely as those who walked two miles or more to develop dementia four to eight years later.

Try to get at least 30 minutes of moderate exercise five days per week to maintain health. The Senior Center offers a great variety of fitness options. Taking up exercise as a new habit is easier when you're with other people. So sign up or show up to one or more of our fitness programs, and get a start on your New Year's resolution!

Gaining Balance

Falling doesn't have to be part of getting older! You can learn how to improve your stability and alignment in a special workshop designed to prevent falls.

The beginner workshop on **Monday, January 23, 1:00—2:30** will help you to build flexibility and strength in your ankles, hip joints and torso. You'll practice getting up from a chair and the floor, and explore your options to regain your balance when needed. Both seated and standing exercises are included.

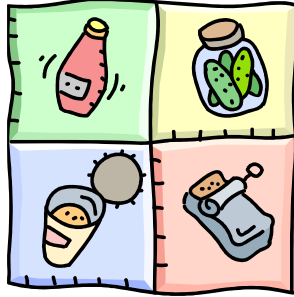
Instructor Marg Bartosek has taught at the Senior Center for 20 years. She'll be offering a series of balance workshops this year, so if you can't sign up for this one, plan for a future date. For more information, call the center at 757-5696 or call Marg at 753-6060.

HEALTH CONT.

Shake Off the Salt

You can improve your heart health and reduce your blood pressure by cutting your salt intake. A lot of the salt we eat is “hidden” in foods that come in boxes, cans or packages such as:

- Canned soups, canned vegetables, canned meats, and tomato juice
- Frozen dinners
- Cold cuts and deli meats
- Hot dogs and sausages
- Pizza
- Rice and noodle mixes



Look for labels that say low sodium, reduced sodium, sodium free, low salt or no salt added. And, remember, these foods have lots of salt: French fries, pretzels and chips, pickles, soy sauce, and fast food and restaurant meals.

Easy & Delicious Ways to Eat Your Veggies

You know you're supposed to eat more vegetables, but cooking can be a chore and it's difficult to think of new recipes. Join Julie Cross of the Co-Op on **Monday, January 23 at 1:30 p.m.** She'll offer tips for preparation and inspiration to make healthy eating that much easier. Space is limited, so please sign up at the front desk.



Parkinson's Group - New Meeting Day

The center's Parkinson's group has changed its regular meeting day to the third Thursday of every month at 1:30 p.m. The group welcomes all comers, caregivers and those with Parkinson's Disease. It's a great way to network with others dealing with the disease. No registration required.

GAMES AND CARDS

Bridge Lessons Registration Is Now!

Instructor Jo Wragg will offer two levels of bridge classes this winter. Both run **January 5—February 23** and cost \$48 for Davis residents. For more information on either class, call 757-5696.

Diamond Series—The second of the ACBL instruction series designed for beginning players who have completed the Club Series or its equivalent.

One-Star Conventions—Designed for advanced level students. Enrollment requires instructor approval.

The following game groups are led by volunteers and may be cancelled on occasion.

Duplicate Bridge

Mondays - 12:30 p.m.

Scrabble

Mondays - 1:00 p.m.

Mah Jongg

Mondays - 12:00 noon

Evening Social Bridge

Mondays - 6:00 p.m.

Pinochle

Tuesdays - 1:00 p.m.

Poker

Wednesdays - 1:00 p.m.

Bingo SCD Style

Whether you enjoy playing the Indian Star, Six & Nine Pack, 2 Postage Stamps, Railroad, the Kite or Blackout, we have it all at our weekly Bingo game held every **Thursday from 12:30 - 3:00 p.m.** Snacks are provided. The cost is 25¢ per card for two games.

Saturday Bingo

Saturday Bingo will meet on **Saturday, January 21, 12:30 p.m.**



ARTS AND CRAFTS

Hem & Haw

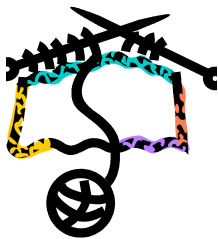
Hem & Haw meets on **Wednesdays, 1:00 - 3:00 p.m.** Anyone who loves to knit, crochet or stitch is welcome to join our friendly group. Just drop in!

The group made \$650 during the Craft Affair in November.

Thanks to the Hem & Haw ladies who made the wonderful items for the sale.



Project Linus of Yolo County



You are invited to our gathering **on Wednesday, January 11, 1:30-3:30 p.m.** for a wonderful cause. Our mission is to provide security, warmth and comfort to children in our community who are seriously ill,

traumatized, or otherwise in need through gifts of handmade blankets and afghans created by our volunteers. Join us if you enjoy quilting, sewing or knitting. We share ideas, patterns and companionship.

For more information please contact Diane McGee at mcgeedav@dcn.org or call 753-3436.

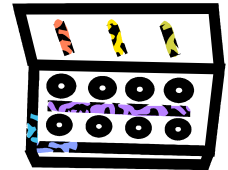
Display Cabinet

The Chinese Culture Club has adorned the display cabinet with festive decorations and art pieces for the Lunar New Year.

In celebration of the new year, the group invites you to join in activities and festivities on **Friday, January 13 at 1:00 p.m.** More information can be found on page 10 . If you are interested in displaying a hobby or collection in our display cabinet, please contact Alisa Fisher 757-5696.

Watercolor Painting

Suzie Valdrow will be teaching the Friday watercolor class in January at the center. Senior painters will have the opportunity to broaden their views while using their own style of expression.



All are welcome. Class begins at 9:30 a.m. (set up and visit at 9:15) until approximately 11:30. Bring tubes of paint or a paint box, watercolor paper, brushes, a container for water, sketch pad or sketching paper and an adventuresome spirit.

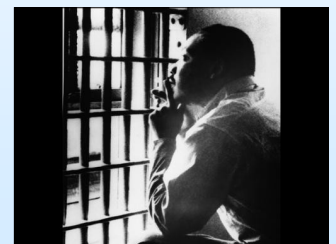
The group thanked all their volunteer teachers at their annual Christmas brunch. We are so fortunate to have such talent in our community.

Open Art Studio



Our group meets **Monday mornings at 9:00 a.m.** in the Valente Room. All painters are welcome to bring your supplies and work on your project.

Martin Luther King, Jr., born January 15, 1929, became the most prominent leader of the civil rights movement and a fervent advocate for non-violent protest:



“Non-violence means avoiding not only external physical violence but also internal violence of spirit. You not only refuse to shoot a man, but you refuse to hate him.”

“The ultimate measure of a man is not where he stands in times of comfort and convenience, but where he stands in times of challenge and controversy.”

SPECIAL INTEREST

Armchair Travel— Greek Isles

On **Tuesday, January 17 at 10:00 a.m.**, join Rick Powers, world traveler, for an hour or two of armchair adventures. Rick will show pictures and tell of his travels in the Greek Islands. Please sign up at the front desk if you plan on attending this free program.



Brain Games—Coming in February!

Games are one of the most effective types of activities for improving brain function, cognitive abilities, memory, and attention to detail. Be on the lookout for this challenging yet fun program which will start in early February. The program will be led by UC Davis student interns.

Chinese New Year Celebration



2012 is the *Year of the Dragon*. The Senior Center's Chinese Culture Club invites you to celebrate the Lunar New Year, **Friday, January 13 at 1:00 p.m.** Come learn about Chinese traditions and culture, participate in Tai Chi, and taste traditional Chinese candy and treats. Everyone is welcome, please sign up at the front desk.

The Chinese Culture Club will also meet **Friday, January 27, 1:00—3:00 p.m.** The group will exercise, play games and socialize. Everyone is welcome.

The Chinese Culture Club will also meet **Friday, January 27, 1:00—3:00 p.m.** The group will exercise, play games and socialize. Everyone is welcome.

Current Events Discussion Group

Everyone is welcome to drop in and join the discussion. Historical and timely events of interest are featured. The discussion group will meet on **Fridays, January 6 & 20 at 2:00 p.m.**

Dance & Jam Session

Our *Music from the Back Room* band invites you to come, listen and dance if the spirit moves you! **Friday, January 6 & 20 at 2:15 p.m.**

Davis Stamp Club

We meet **Tuesday, January 3, 7:00 - 8:00 p.m.** Everyone is welcome. For more information, call Anne Hance at 753-7265.

Genealogy Club

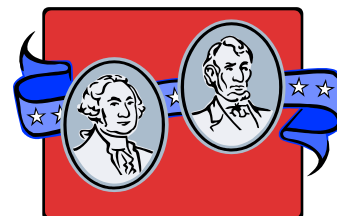
Happy New Year family history researchers and friends! We look forward to an exciting roster of new speakers and events to keep us moving forward with our genealogy research throughout the new year!

We are still in the process of procuring an interesting speaker and topic for our January 30 program. Please check out our website (below) over the next weeks to see what is planned for our kick-off program **Monday, January 30, 2012 at 1:00 p.m.**

Our library remains open to the public on Wednesdays and Fridays, 1:00 to 4:00 p.m. (except for Senior Center closures). Volunteers are available during these hours to help with questions. Not only is our library well stocked with genealogy-related books and computers for Internet research, it is also cozy and welcoming—another very good reason to come over for a visit on these chilly winter days!

We encourage you to check out our website as well as event postings at the Genealogy Library for upcoming programs in Davis and elsewhere, and please feel free to bring friends to any event.

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



SPECIAL INTEREST CONT.

Mac Users Group



Mac Users will meet on **Tuesday, January 10, 6:30 - 8:30 p.m.** at the Senior Center. For more information, call Eric Thompson at 758-3098.

Internet Users Group

The Internet Users will meet on a different day and time in January. All are welcome so we hope you'll come and enjoy this program on a Friday early afternoon, **Friday, January 27, 1:00 - 3:00 p.m.** at the center.

"Don't let poor eyesight or arthritis keep you from using your computer." A panel of experts will demonstrate some useful techniques

More detailed information about the meeting will be sent out on the IUG email List. If

you are not on the list you can sign up at <http://www.dcn.org/iug/iuglist.html>

Contacts: Anne Hance rahance@dcn.org or Lois Richter 758-5058



OLLI Class Kickoff

Come and hear a brief description of OLLI's (Osher Lifelong Learning Institute) winter classes from the instructors on **Saturday, January 7.**

Noon-1:00 p.m. - Live music and social time

1:00-3:00 p.m. - Instructors' presentations

For more information, call 757-8777.

Nostalgics Singalong



Our group of singing enthusiasts gathers every **Friday at 1:00 p.m.** at the center. Please join in and sing along!

Birds in Davis

Birds in Davis, a simple title for a lively presentation by local docent Lois Richter. Using word, photos, and acting, Lois will help us understand more about the birds living near us in the winter. Two sections of the same talk will be offered this year -- first at **1:00 pm on Tuesday, January 31**, at the Senior Center and again at **11:00 a.m. on Saturday, February 4**, at the UCD Arboretum Headquarters Library (LaRue Rd).



Anyone is welcome at either talk, and all are encouraged to join Lois in a stroll thru the Arboretum at 12:30 Saturday (following the presentation) to look for the birds we just heard about. For more info, call Lois at 758-5058. RSVP to Senior Center at 757-5696 or the Arboretum at 752-4880 to reserve a seat.

French/Russian Culture Classes to Start in February

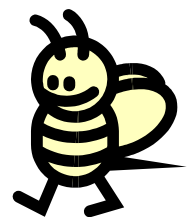
UC Davis student interns will begin offering free classes on Russian culture and French culture next month. Watch for details in next month's *Senior Scene*.

Midstream Players

Midstream Players meet on **Wednesdays at 2:30 p.m.** To find out more about this program, stop by the front desk or call 757-5696.

Queen Bees

Join us for Game Day on **Friday, January 20 at 1:00 p.m.** Bring a treat to share and willingness to have fun.



We also invite you to join our Queen Bees group for lunch on **Tuesday, January 17 at 11:30 a.m.** at the Silver Dragon, 335 F Street. Call Joyce at 758-4757 if you would like to join us.

MISCELLANEOUS

11 Highlights of 2011!

As we begin a new year, here's a look back at 11 of the Davis Senior Center's most exciting programs, services and accomplishments. During 2011, we...



1. Crowded on the red carpet to screen *Old People Driving*, an award-winning documentary featuring 101-year-old Dr. Herbert Bauer.
2. Recalled the royal years of Lady Di with the help of a former journalist who knew and loved the princess.
3. Celebrated our cultural heritage with classes on Latin and Filipino cultures; a Greek dinner event; a Chinese Culture Group; and a class featuring Hawaiian hula and ukulele.
4. Witnessed the stellar acting and writing skills of our newly formed Midstream Players group as they offered dramatized readings to an appreciative audience.
5. Flooded the multi-purpose room with memories and laughter as Bob Dunning spun tales of Bob Hope's visit 25 years ago to raise money for the Senior Center.
6. Delighted Davis Community Transit users with free rides under a newly funded bus voucher program.
7. Upgraded our facility by adding new card tables, renovating the kitchen, and repairing sidewalks around the center to improve safety and access.
8. Cheered as Madue Haddadan won the center's first ever Wii Bowling Tournament
9. Sat up straight as we learned about preventing falls in a series of programs helping us to assess and keep our balance.
10. Pondered the moral implications of Japanese internment during WWII as a panel of those who experienced it first-hand shared their stories.
11. Assisted almost 600 people file tax returns through the center's free AARP Tax Aide program.

Live With the Three E's:

Energy, Enthusiasm and Empathy

Happiness is such a simple word, but how does one achieve it? Join Cyrus Soltani, participant and volunteer of the Senior Center on **Wednesday, January 18 at 10:30 a.m.** as he gives a presentation on becoming more energetic, developing enthusiasm, and the importance of empathy. Sign up for this free program by calling 757-5696.

Senior Citizen Commission

The city of Davis Senior Citizen Commission will meet at the Senior Center on **Thursday, January 12 at 2:30 p.m.** Meetings are open to the public.

Go Paperless!

Get the *Senior Scene* Online

To sign up for monthly e-delivery of this newsletter, go to <http://cityofdavis.org/email/> If you are a new user, click "Create a New Account" and follow the instructions. Once the account is created, check the boxes next to the email lists to which you would like to subscribe, and then click the subscribe button at the bottom. You will receive a confirmation email for your subscription.

If you are an existing user, sign in, and then scroll down to "Lists You Can Subscribe To", check the "subscribe" box next to "Senior Scene Newsletter", and then click the subscribe button at the bottom.

Senior Center Staff

Maria Lucchesi, Community Services Supervisor
Lisa DeAmicis - Information & Assistance Coordinator

Alisa Fisher - Program Coordinator
Jan Butler - Senior Office Assistant



SUPPORTIVE SERVICES

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

Information and Help Available

We help guide you through the maze of programs and services available to older adults. Call our Information and Assistance Coordinator for an appointment.

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 each **second Tuesday, 10:30 – 11:00 a.m.**

Elder ID Program - Aimed at identifying "wanderers" so they can be quickly returned to loved ones. Photo and information are kept by law enforcement.

Family Caregiver Program

A resource specialist is available for consultations by appointment. The service includes counseling, resource information and service coordination. Call 666-8828.

Guide To Resources and Services for Older Adults in Davis—Copies are available at the front desk or online at www.cityofdavis.org/cs/seniors/ then click on the right column on Senior Resource Guide.

Health Insurance Counseling & Advocacy Program

If you have questions about Medicare, long-term care, HMOs, or other health insurance matters, make an appointment with a HICAP volunteer counselor.

Legal Consultations - Davis attorneys Bill Kopper and Marian Cantor are available for brief appointments once a month.

Minor Home Repairs - Do you have a leaking faucet, or a squeaky door? 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 - Check out wheelchairs, walkers, crutches, canes, commodes, shower chairs & toilet seat raisers from our medical equipment-lending closet. Donations gratefully accepted.

Dianne Hinsz Memorial Scholarships - Scholarships are available to pay for Senior Center classes 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.

Time Off for Caregivers - Do you need a break from care giving? This respite program, through Citizens Who Care, offers a safe, fun environment for frail older adults on the 2nd & 4th Saturdays 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 **Monday, January 9, 8:30 - 10:30 a.m.** Information on disability aid, pensions, burial, dependent's and survivor's benefits, health care, prescription drugs and life insurance, etc. Call 530-406-4850.

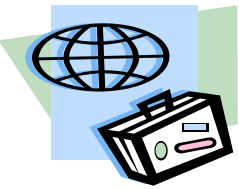
This newsletter can be made available upon request in an alternative format as required by the Americans with Disabilities Act of 1990.

Direct your request to:

Community Services Department

(530) 757-5626; (530) 757-5666 (TDD) or

csw@cityofdavis.org.



Davis Travelaires



A Non-Profit Travel Organization

646 A Street, Davis, CA 95616 (530) 753-4159

Office Hours : Tuesday—Thursday, 10:00 a.m.—2:00 p.m.

Kay Jeffery, Executive Director; E-mail: kay@dcn.org

Special Note: There is no membership fee.

All Travelaires trips depart from the Target parking lot in Davis

Transportation provided by All West Coach Lines

California Academy of Sciences

Saturday, January 28, 2012. Wait list.

Feather Falls Casino

Wednesday, February 15, 2012. Spend a delightful day in Oroville. Receive \$12 cash and a \$3 meal credit. **\$15**

Amtrak to Reno

Thursday & Friday, February 23-24, 2012.

Board Amtrak in Davis for a winter getaway through the Sierra to Reno. Enjoy a gourmet box lunch on board, one night at Silver Legacy Resort and Casino, dinner buffet and Emmy



Award-winning musical show, "Benise, Nights of Fire." The next day, explore the exhibits at the Nevada Museum of Art, including art glass of the Art Nouveau period. Return to Davis by motor coach. Registration due by noon January 5. **\$229 pp dbl., SS add \$39**

Palm Springs

March 14-18, 2012. Fabulous Palm Springs--Don't miss this extraordinary trip which includes guided tours of Joshua Tree Nat'l. Park, Anza- Borrego Desert State Park, Palm Springs Valley, reserved seating at the famed Palm Springs Follies, accommodations at the Palm Mountain Resort and Spa, 5 breakfasts, 3 lunches, 2 dinners. Visit a date palm orchard and savor a date shake! **\$940pp, dbl., SS add \$300**

Mama Mia!

Sunday, April 15, 2012. Mamma Mia! Join the millions of people around the world who have loved the magic of ABBA's music and the enchanting tale of love, laughter and music. The show is at the Gallo Center for the Arts in Modesto. Tickets have been secured but lunch arrangements are pending. Contact Travelaires Office for details.

Castello di Amorosa

Friday, April 27, 2012. Spend a day in beautiful Napa Valley. Tour the spectacular 107 room, 13th century Tuscan Style castle & winery, complete with a moat, drawbridge, towers and torture chamber! A private tasting of premium wines is paired with handmade Belgian chocolates. Lunch at the Calistoga Inn. Free time to explore the quaint town of Calistoga. **\$120**

Ring of Fire

Wednesday, May 9, 2012 at the Fallon House Theatre in Columbia. Enjoy the tuneful, foot-stomping celebration of America's legendary singer/ songwriter, Johnny Cash. His remarkable life story is told through his music, performed by gifted singers and instrumentalists. Lunch at the historic City Hotel in Columbia. **\$110**

Julia Morgan-Her Life and Architecture

Thursday, May 17, 2012. A special guided tour of Berkeley and Oakland follows the life of the first licensed woman architect in the US. Julia Morgan graduated with a degree in Civil Engineering from UC Berkeley and was the first woman admitted to the world-famous Ecole des Beaux Arts in Paris. Her works are many and include the Hearst Castle in San Simeon, many homes, churches and theatres. Lunch will be at one of her masterpieces, the Berkeley City Club. **\$93**

Save the Date

Wednesday, July 11, 2012. Les Miserables. Acclaimed musical based on Victor Hugo's classic novel.

Davis Senior Center Activities – January 2012

Monday	Tuesday	Wednesday	Thursday	Friday
2 Happy New Year Senior Center and Elderly Nutrition Program Closed	3 9:00am Tai Chi* (MP2) 10:15am Feldenkrais*(A) 11:30am Feldenkrais*(A) 1:00pm Bridge/Pinocle (Lg) 7:00pm Stamp Club (A)	4 7:45am Fitness For Life* & 9:00 am (MP2) 8:45am Walk N' Talk/Pehlke Pacers (Ly) 10:00am Peer Counselors Meeting (G) 10:00am Wii Games (MP1) 1:00pm Hem & Haw (A) 1:00pm Poker (Lg) 1:00-4:00pm Genealogy Library Hours (Lib) 2:00pm Dynabands* (MP2) 2:30pm Midstream Players* (G) 3:15pm Fitness for Life*(MP2)	5 8:15am Intermediate Yoga* (A) 9:30am Memoirs* (MP2) 9:30am Bridge Lesson* (G) 9:30am Memoirs* (MP2) 10:30am Chair Yoga* (A) 10:30am Interactive Poetry (Lib) 12:30pm Bingo (V) 1:00pm Bridge Lesson* (G) 1:30pm Hula Dance*(MP2) 1:30pm HICAP Appts*	6 7:45am Fitness For Life* & 9:00 am (MP2) 8:45am Walk N' Talk/Pehlke Pacers (Ly) 9:30am Watercolor Painting (V) 9:30am Memoirs* (A) 12:15pm Movies (G) 12:30pm Zumba* (MP2) 1:00pm Nostalgics (MP1) 1:00-4:00pm Genealogy Library Hours (Lib) 2:00pm Current Events (A) 2:00pm Dynabands* (MP2) 2:15pm Jam Session & Dance (MP1) 3:15pm Fitness for Life*(MP2)
9 7:45am Fitness For Life* & 9:00 am (MP2) 8:15am Intermediate Yoga* 10:30am Chair Yoga*(A) 8:30am Veterans Services (L) 8:45am Walk N' Talk/Pehlke Pacers (Ly) 9:00am Open Art Studio (V) 12:30pm Duplicate Bridge (MP1) 1:00pm Genealogy 1:00pm Scrabble/Bridge/Mah Jongg/Canasta (G) 2:00pm Dynabands* (MP2) 3:15pm Fitness for Life*(MP2) 3:00pm Tap Dancing (V) 6:00pm Social Bridge (G)	10 9:00am Tai Chi* (A) 10:15am Feldenkrais* (A) 10:30am Blood Pressure Check (MP1) 11:30am Feldenkrais* (A) 11:30am SCD Luncheon/Business Mtg.* (MPR) 1:00pm Bridge/Pinocle (Lg) 2:00pm Legal Assistance* 3:30pm Peripheral Neuropathy Group (G) 6:30pm Mac Users Group (A)	11 7:45am Fitness For Life* & 9:00 am (MP2) 8:45am Walk N' Talk/Pehlke Pacers (Ly) 9:00am BFL Fundamentals*(A) 10:00am Transitions Group (Lib) 10:00am Wii Games Bowling *(MP1) 1:00pm Hem & Haw (A) 1:00pm Poker (Lg) 1:00-4:00pm Genealogy Library Hours (Lib) 1:30pm Project Linus (V) 2:00pm Dynabands* 2:30pm Midstream Players* (G) 3:15pm Fitness for Life*(MP2)	12 8:15am Intermediate Yoga* (A) 9:30am Memoirs* (MP2) 9:30am Bridge Lesson* (G) 10:30am Chair Yoga* (A) 12:30pm Bingo (V) 1:00pm Bridge Lesson* (G) 1:30pm Hula Dance* (MP2) 2:30pm Senior Commission Mtg. (MP1)	13 7:45am Fitness For Life* & 9:00 am (MP2) 8:45am Walk N' Talk/Pehlke Pacers (Ly) 9:30am Watercolor Painting (V) 9:30am Memoirs* (A) 12:15pm Movies (G) 12:30pm Zumba* (MP2) 1:00pm Nostalgics (MP1) 1:00-4:00pm Genealogy Library Hours (Lib) 1:00pm Chinese New Year Celebration (A) 2:00pm Dynabands* (MP2) 3:15pm Fitness for Life*(MP2)
16 Martin Luther King, Jr. Birthday Holiday Senior Center and Elderly Nutrition Program Closed	17 9:00am Tai Chi* (MP2) 10:00am Armchair Travel- Greek Isles (G) 10:15am Feldenkrais* (A) 11:30am Feldenkrais* (A) 11:30am Queen Bees lunch at Silver Dragon 1:00pm Bridge/Pinocle (Lg) 1:00pm Mind & Body Wellness Challenge Kick-off (V)	18 7:45am Fitness For Life* & 9:00 am (MP2) 8:45am Walk N' Talk/Pehlke Pacers (Ly) 9:00am BFL Fundamentals*(A) 10:00am Alzheimer's Support Group (Lib) 10:00am Wii Games (MP1) 10:30am Energy,Enthusiasm & Empathy Talk (G) 10:30am BFL Review & Practice* (A) 11:00am Food Distribution (MP2) 12:30pm Driver Safety Class*(MP1) 1:00pm Hem & Haw (A) 1:00pm Poker (Lg) 1:00-4:00pm Genealogy Library Hours (Lib) 2:00pm Dynabands* (MP2) 2:30pm Midstream Players* (MP1) 3:15pm Fitness for Life*(MP2)	19 8:15am Intermediate Yoga* (A) 9:30am Memoirs* (MP2) 9:30am Bridge Lesson* (G) 10:30am Chair Yoga* (A) 12:30pm Bingo (V) 12:30am Driver Safety Class*(MP1) 1:00pm Bridge Lesson* (G) 1:30pm Hula Dance* (MP2) 1:30pm Parkinson's Support Group (MP1) 1:30pm HICAP Appts*	20 7:45am Fitness For Life* & 9:00 am (MP2) 8:45am Walk N' Talk/Pehlke Pacers (Ly) 9:30am Watercolor Painting (V) 9:30am Memoirs* (A) 10:00am Legal Assistance* 12:15pm Movie(G) 12:30pm Zumba* (MP2) 1:00pm Nostalgics (MP1) 1:00-4:00pm Genealogy Library Hours (Lib) 1:00pm Queen Bees – Game Day (V) 2:00pm Current Events (A)2:00pm Dynabands* (MP2) 2:15pm Jam Session & Dance (MP1) 3:15pm Fitness for Life*(MP2) Sat., January 21 Bingo 12:30 – 3:00 p.m.
23 7:45am Fitness For Life* & 9:00 am (MP2) 8:15am Intermediate Yoga* 10:30am Chair Yoga*(A) 8:45am Walk N' Talk/Pehlke Pacers (Ly) 9:00am Open Art Studio (V) 12:30pm Duplicate Bridge (MP1) 1:00pm Scrabble/Bridge/Mah Jongg/Canasta (G) 1:00pm Gaining Balance Level 1* (A) 1:30pm Eat Your Veggies (V) 2:00pm Dynabands* (MP2) 3:15pm Fitness for Life*(MP2) 3:00pm Tap Dancing (V) 6:00pm Social Bridge (G)	24 9:00am Tai Chi* (MP2) 10:15am Feldenkrais* (A) 11:30am Feldenkrais* (A) 1:00pm Bridge/Pinocle (Lg) 2:00pm Formal Afternoon Tea*	25 7:45am Fitness For Life* & 9:00 am (MP2) 8:45am Walk N' Talk/Pehlke Pacers (Ly) 9:00am BFL Fundamentals*(A) 10:00am Men's Group (A) 10:00amWii Games (MP1) 10:00am Transitions Group (Lib) 10:30am BFL Review & Practice* (A) 10:30am Do Not Call Presentation (G) 1:00pm Hem & Haw (A) 1:00pm Poker (Lg) 1:00-4:00pm Genealogy Library Hours (Lib) 2:00pm Dynabands* (MP2) 2:30pm Midstream Players* (G) 3:15pm Fitness for Life*(MP2)	26 8:15am Intermediate Yoga* (A) 9:30am Memoirs* (MP2) 9:30am Bridge Lesson* (G) 10:30am Chair Yoga* (A) 12:30pm Bingo (V) 1:00pm Bridge Lesson* (G) 1:30pm Hula Dance* (MP2) 1:30pm Breather's Support Group (MP2)	27 7:45am Fitness For Life* & 9:00 am (MP2) 8:45am Walk N' Talk/Pehlke Pacers (Ly) 9:30am Watercolor Painting (V) 9:30am Memoirs* (A) 12:15pm Movies (G) 12:30pm Zumba* (MP2) 1:00pm Nostalgics (MP1) 1:00-4:00pm Genealogy Library Hours (Lib) 1:00pm Chinese Culture Club(V) 1:00pm Internet Users Group (A) 2:00pm Dynabands* (MP2) 3:15pm Fitness for Life*(MP2)
30 7:45am Fitness For Life* & 9:00 am (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) 1:00pm Genealogy Club Meeting (A) 2:00pm Dynabands* (MP2) 3:15pm Fitness for Life*(MP2) 3:30pm Tap Dancing (V) 6:00pm Social Bridge (G)	31 9:00am Tai Chi* (MP2) 10:15am Feldenkrais* (A) 11:30am Feldenkrais* (A) 1:00pm Bridge/Pinocle (Lg) 1:00pm Birds in Davis Talk (G)		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	*Indicates need to register in advance, and/or by appointment Please call 757-5696 Transportation Services 747-8240 Senior Center Offices 757-5696

Elderly Nutrition Program in Yolo County
People Resources, Inc

January 2012

Monday Jan 2	Tuesday Jan 3	Wednesday Jan 4	Thursday Jan 5	Friday Jan 6
	Garlic Chicken Asian Vegetable Blend ▶Stir Fried Brown Rice* ▶Pineapple Tidbits+ ▶Fortune Cookies	▶ Ground Beef Stroganoff <i>Served over stuffed potato+</i> Steamed Broccoli+ ▶Wheat Bread ▶Fresh Fruit	Chunky Vegetable Soup* ▶▶ Turkey Salad Croissant ▶Gelatin w/Fruit+	▶ Rustic White Beans w/ Pork Sausage Brussel Sprouts ▶▶Bread Pudding ▶Fruit Juice+
	Monday Jan 9 Chicken Fondue Capri Vegetable Blend* ▶New Potatoes ▶Whole Wheat Bread ▶Tropical Fruit+	Tuesday Jan 10 SCD Luncheon/Meeting MOW delivery only	Wednesday Jan 11 B B Q Chicken Spinach Salad ▶Rodeo Beans ▶Biscuit ▶Fresh Fruit+	Thursday Jan 12 Lemon Herb Fish ▶Savory Lentils Coleslaw*+ ▶Wheat Crackers ▶Apricot Halves
Monday Jan 16 	Tuesday Jan 17 Swedish Meatballs Scandinavian Vegetables* ▶Scalloped Potatoes+ ▶Raisin Bread ▶Fruit Juice+	Wednesday Jan 18 Creamy Pumpkin Bisque* ▶▶ Ham Sandwich Romaine Salad w/ ▶Mandarin Oranges+ & Dried Cranberries	Thursday Jan 19 Oven Fried Chicken Green Beans ▶Cheesy Spuds+ ▶Cornbread ▶Blushed Pears	Friday Jan 20 ▶ Heavenly Beef & Rice Gourmet Veggie Blend* ▶Wheat Roll ▶Fruit Juice+ ▶▶Tapioca
Monday Jan 23 ▶ Breaded Fish w/Tartar Sauce Mixed Vegetables ▶Au Gratin Potatoes ▶Wheat Bread ▶Fresh Fruit +	Tuesday Jan 24 ▶ 4 Cheese Lasagna Garden Salad* ▶Garlic Bread ▶Fruit Juice +	Wednesday Jan 25 <i>Happy Birthday</i> Roast Turkey w/Gravy ▶Dressing & Cranberries ▶Baked Sweet Potato* ▶Wheat Roll ▶Fruit Juice+ ▶Birthday Cake	Thursday Jan 26 ▶ Pork Ragout <i>Served over Brown Rice</i> Delightful Veggie Blend* ▶Whole Wheat Bread ▶▶Baked Peaches	Friday Jan 27 Pan Style Omelet w/ spinach, peppers, & cheese ▶Oven Fried Potatoes ▶Banana ▶▶Blueberry Crumble
Monday Jan 30 ▶ Southern Fried Steak w/ Country Gravy ▶Peas and Carrots* ▶Mashed Potatoes+ ▶Wheat Roll ▶Citrus Cup+	Tuesday Jan 31 Celebrate Russian Heritage ▶ Bratislava over noodles (Chicken Paprika) Cucumber & Radish Salad ▶▶Apple Babka (Bread Dessert w/fruit sauce) ▶Fruit Juice +	 =higher sodium meal	Suggested Contributions: \$3.00 Seniors \$3.50 Volunteers (< 60) \$7.00 GUEST FEE (< 60 unless w/ senior spouse)	Alternate Meal Bocca Patty Florentine Sauce Brown Rice Mixed Vegetables*

Each meal includes 8 oz 1% milk Margarine & Condiments optional +Vitamin C * Vitamin A. Menu subject to change.

Congregate Dining Sites **Reservations/Cancellations must be made by noon the day before by calling the site:** **Davis Senior Center** 646 A Street 747-5870 ♦ **West Sac Senior Center** 664 Cummins Way (916) 373-5805 ♦ **Winters Community Center** 201 Railroad Avenue 795-4241 ♦ **Woodland Senior Center** 2001 East Street 668-0974 ♦ **Knights Landing/Esparto** 662-7035 ♦♦♦ **Elderly Nutrition Program Main Office 662-7035** ♦ *Partially funded by A4AA*