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Davis Senior Center
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Senior Scene

DAVIS SENIOR CITIZENS CENTER

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www.cityofdavis.org/pcs/seniors/



A CELEBRATION OF NEW BEGINNINGS!

What better way to celebrate Older Americans Month than with our very own Phase III Grand Opening Ceremonies.

The Senior Citizens of Davis and the Alternative Recreation program are pleased to invite everyone to the official Grand Opening & Ribbon Cutting Ceremony of the Phase III Senior Center Expansion Project on **Wednesday, May 18, from 4:00 to 6:30 p.m.** The festivities will begin with a formal dedication of the new addition, as well as the new Public Art Glass Window, titled *Rejuvenation*, by artist Kana Tanaka, located just inside the main entry way.

Immediately following the ribbon cutting ceremony, the Senior Center will open its doors to the community-at-large for tours, class demonstrations, raffle, food and entertainment! The Senior Center is seeking volunteers to help with the festivities, so if you are interested, please contact Chris or Lisa in the main office.

SENIOR CENTERS ON THE MOVE!

The Davis Senior Center will also be celebrating National Senior Center Awareness Week, with our annual *We're On The Move!* Fitness Walk & Breakfast on **Friday, May 20**. The morning will begin at **9:00 a.m.** with participants gathering at the southeast end of the building near the baseball fields for check-in, warm up exercises, t-shirts & other giveaways! Then, beginning at 9:30 a.m., we will begin our 1-mile walk around Central Park to the rhythm of the Cal Aggie Marching Band-Uh! Upon our return at approximately 10:00 a.m., participants will enter the Senior Center multipurpose room for a continental breakfast, including pancakes courtesy of Covell Gardens! Participants must register in advance for the walk & breakfast, so that we can plan accordingly for the meal. Registration is \$1, and the deadline to sign up is Wednesday, May 18.



Christine Helweg, Community Services Supervisor
Lisa DeAmicis, Information & Assistance Coordinator

SENIOR CENTER STAFF
Ashley Rosales, Elderly Nutrition Site Manager
Kay Jeffery, Davis Travelaires Executive Director

Jan Butler, Senior Office Assistant
Ashley Rosales, Asst. Program Coordinator

SENIOR CITIZENS OF DAVIS

Planning for a Better Tomorrow

SCD POTLUCK – MAY 3

This month's entertainment program will feature Alex Sprague, a nine-year-old young lady, who will perform three Irish dances. Alex will accompany her grandmother & SCD member, Gloria Regan. Our customary social hour will begin at **11:30 a.m.**, with our program beginning at approximately 11:45 a.m. on **Tuesday, May 3.**

Members are asked to bring the following: **A-H bring a hot dish, I-P bring desserts, and Q-Z bring salads.** Anyone wishing to bring additional hot dishes is encouraged, and most appreciated! Also, don't forget to bring your own plate & utensils. For those who are unable to bring a dish, you may pay \$5.00 per place setting, and still enjoy the delectable lunch & entertainment.

Next month's potluck will be held on **Tues., June 7, beginning at 11:30 a.m.**

Watch for more details about our program in next month's newsletter. Those with last names beginning with **A-H bring desserts, I-P salads, and Q-Z hot dishes.** Anyone wishing to bring additional hot dishes is encouraged.

RUMMAGE SALE

The Senior Center will host a rummage sale of surplus items during the SCD potluck on **Tuesday, May 3 from 11:00 a.m. to 1:30 p.m.**, so don't forget to bring your pocketbook! Items such as prints, books, picture frames, medical equipment, and more will be on sale! We are not accepting donated items for this event. We are cleaning house.

SUNSHINE LADY ☺

Sunshine Lady Louise DeMasi reports that for the last half of March and first half of April, cards were sent to the following:

Get well cards to Georgie Bourne, Jack Johnson, Phyllis Newton, Mary MacKay, Jan Damesyn and Dorrie Ruud.

Thinking of You cards to Fran Kofranek, Betty & Earl Lentz, Charlotte Pehlke, Bill & Mercedes McElwain, Bill Griggs and Eleanor Gardias.



Sympathy cards to the family of Leigh & Phyllis Hamilton, family of David Risling, family of Marjorie Kloster, family of Judy Schneider, and to Lillian Richmond, for the death of her niece, Alice.

Please contact Louise at 756-7278 if you know someone who is ill, has had a death in the family, or just needs some "thinking of you" cheer.

NEW MEMBERS FOR MARCH - APRIL

Please join us in welcoming the following new SCD members: Jean & Ken Dawson, Ruth Enos, Donna Herman, Warren & Donna Johnston, Jerry Latsch, Patricia McGuire, Brian Martin, Herbert Okrongly, Christine & Raymond Peng, Ronald West, Libby & David Burmester, Ermyl Chiles, Eleanor Garnett, Allen Sawyer, Patricia Spencer, Judi Williams, and Elaine Tran.

DAVIS COMMUNITY TRANSIT

We are saying goodbye this month to Abby Warner. Abby has accepted a job at Six Flags Marine World in Vallejo as a caretaker for the animals. We are thrilled for her! We would also like to welcome Diana Edwards to the DCT staff. Diana comes to us from Unitrans and we are excited to have her on board!

THE GIFT OF GIVING

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

Davis Dance Club	\$150
Dynabands	\$ 64
Duplicate Bridge – Monday	\$ 95
Handy Helper Donation	\$ 20
Hem & Haw (SCD)	\$274
Internet Users Group	\$ 25
Information & Assistance	\$ 80
Medical Equipment Donations	\$ 33
Memoirs	\$361
Miscellaneous	\$ 43
Nostalgics	\$ 16
Pinochle	\$ 9
Senior Citizens of Davis	\$15,000
Social Bridge (Monday night)	\$ 10
Tax donation	<u>\$ 25</u>
Total	\$16,205

Thank you for your continued support!



CLUBS & SPECIAL INTERESTS

AARP

Our next meeting/potluck will be held on **Wednesday, May 11**. The customary social hour will begin at **11:30 a.m.** We will be celebrating Mexico's Holiday with Mexican love songs presented by Sid Lucero and Robert Smith, with their guitars.

Members should bring a guest and your own table service, food to share or a donation. Members whose last names are **A to G should bring desserts, H to P bring hot dishes, and Q to Z bring salads**. Don't forget to bring your own table service. **PLEASE NOTE:** Our Board meeting time has changed from 10:30 to 10:00 a.m. For more information, please call Maxine at 753-0266.

Also, a special thank you to Kay Ogasawara for continuing to fund our Senior Center's *Davis Enterprise* subscription this year! Your donation is truly appreciated.

BOOK REVIEW

Join us on **Tuesday, May 17 at 9:30 a.m.** for our monthly book review hosted by Stan Forbes, owner of The Avid Reader in Sacramento. Stan will give you the inside scoop about the latest best sellers and best kept secrets!

SENIOR CENTER READS...

The next discussion group meeting will be held on **Tuesday, May 17 at 10:30 a.m.** This month's selection, *Epitaph for a Peach*, written by David Mas Masumoto, is "an eloquent piece of nature writing by a young author with a farmer's calluses and a poet's soul." The book is available for \$10 at the senior center office. Everyone is encouraged to join us for the reading & discussion.

GENEALOGY CLUB AND LIBRARY

The Genealogy library is open on **Mondays, Wednesdays and Fridays from 1:00 to 4:00 p.m.** Due to the senior center being closed on Memorial Day, our May meeting will be held on **Monday, May 23 at 1:00 p.m.**

This month's program will be "The Wild & Lusty Gold Camps" by Alton Pryor. Mr. Pryor has been a writer for magazines, newspapers, and wire services for half a century as well as the author of 11 books on California and Western history. We're

sure this program promises to be entertaining and enlightening! Meetings are open to the general public, and guests are welcome to attend.

HEM N' HAW

Calling all knitters, sewers, crocheters, quilters, etc! Every **Wednesday** afternoon from **1:00-3:00 p.m.**, why not join others who share your passion? Please contact Carol Harting at 756-4654 for more information regarding this group.

CURRENT EVENTS DISCUSSION GROUP

This discussion group will meet on **Friday, May 6 and 20** beginning at **2:00 p.m.**

Anyone is welcome to drop in and join the discussion. Historical and timely events of interest are featured.

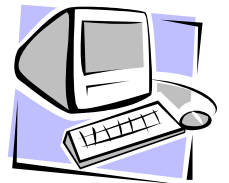


INTERNET USERS GROUP

The group will meet from **7:00-8:30 p.m.** on **Monday, May 9**. This month will feature Part 2 of our session on E-communing. Expert guests will bring their computers and peripheral hardware and we will have demonstrations and explanations of using the Internet for phone calls, chatting and informal (i.e. family rather than business) teleconferencing. For more information call Anne Hance at 753-7265, Lois Richter at 758-5058, Carol Harting at 756-4654, or check the web site at www.dcn.org/iug/

MAC USERS GROUP

This group now meets on the second Tuesday of each month, from **7:00-8:30 p.m.** The next meeting will be held on **Tuesday, May 10**. For more information, call Michael Beaucage at 758-7639.



SENIOR CITIZENS COMMISSION

The next meeting for the Commission will be held on **Thursday, May 12 at 2:30 p.m.** Guest speaker, Cass Sylvia, Yolo County Public Guardian, will be featured. All are welcome to attend.

GREETINGS FROM THE FRIENDSHIP CAFE



Come join us in the Friendship Café, **Monday through Friday at 11:30 a.m.** for good friends & great eats! This month, our special meals include:

Thursday, 5/5 “Cinco de Mayo” – join us for a special south of the border treat with chicken soft tacos, Mexican style corn, Spanish rice, and a Mexican cookie.

Friday, 5/6 “Mother’s Day” – help us pay special thanks to all mothers with ham, whipped sweet potatoes, broccoli, dinner roll, and an English trifle.

Wednesday, 5/25 “Happy Birthday” - join us in celebrating our May birthday babies with roast beef with aujus, fluffy whipped potatoes, steamed spinach, French bread, and of course, birthday cake!

Monday, 5/30 No Meal Served due to the Memorial Day Holiday.

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, please call Ashley at 757-5696.

Lunch Fees

Suggested Donation for seniors over age 60: \$2.50
Essential ENP Volunteers under age 60: \$3.00
Guests under age 60: \$6.25*

**unless accompanied by senior spouse*

ANNUAL EPICUREAN ESPRIT

Join the Friends of Meals on Wheels for this annual fundraising event that features “A Taste of Yolo County’s Finest Wine and Cuisine.” All event proceeds benefit the Meals On Wheels in Yolo County. Tickets are \$40 per person and can be purchased through the Elderly Nutrition program.

This year’s event will be held on **Thursday, May 19 from 6:00-9:00 p.m.** at the home of John & Elyssa Hillis, 24197 Fairway Drive in Davis.

VOLUNTEERS NEEDED

STEAC NEEDS VOLUNTEERS

The Short Term Emergency Aid Committee needs volunteers to answer phones and work in STEAC’s clothing closet. Phone volunteers can work from their home and the hours are flexible. Training will be provided. This is a great opportunity to help your community. If you are interested, call the STEAC office at 758-8435.

INFORMATION & ASSISTANCE

ADVANCE DIRECTIVE CLASS

The Terry Schiavo case emphasized the importance of advance health care directives. On **Wednesday, May 11 at 10:00 a.m.**, social worker Peggy Phelps will lead a workshop at the senior center on preparing your advance directive. This workshop will walk you through the process of filling out a directive, taking into account your own preferences for medical intervention and life support systems. Reservations are required for this free workshop. Call 757-5696.

DMV SERVICES

A representative from the Department of Motor Vehicles will be on site at the senior center on **Thursday, May 26 at 9:00 a.m.** They will be available for seniors who need to renew a driver’s license, photo ID, or disabled placards. **Please note:** you will still need to go to the DMV office to finish the process, but you will be sent to a special window in order to prevent long wait times! DMV is unable to assist with automobile registration. Please arrive early as it is a first come, first served basis.

SHOPPING SERVICE

If you need someone to do your grocery shopping, we have a free service for you! UCD student volunteers will take your order, do your shopping and deliver to your home. For more information, call Lisa at 757-5696 or Mindy Marlatt (925) 876-6857.



LIBRARY TAX EXEMPTION

Low-income persons in Davis may qualify for the Davis Library Parcel Tax Exemption. If you own your Davis home, and your household income is under \$38,505, you are eligible to apply. Forms can be picked up at the senior center office or the Davis Library. The deadline to file for the exemption is **June 1, 2005**. If you need help in completing the forms, make an appointment with Lisa at the senior center, 757-5696.

SERVICES

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

- **INFORMATION & HELP AVAILABLE** - The Information and Assistance Program at the center helps to guide you through the maze of programs and services available to older adults. Call Lisa, Information & Assistance Coordinator, for an appointment. Lisa also can help you fill out forms for government programs, utility rebates, etc. 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 at the center for a donation of \$2.50.
- **ARE YOU OK?** - A daily computerized phone call from the Davis Police Department. If you answer the phone, they'll know you are O.K. If not, they check on you.
- **BLOOD PRESSURE CHECKS** - Drop in to get your blood pressure checked at no cost by retired nurse Ruth Bowman. Second Thursday of every month, 10:30 - 11:30 a.m.
- **GUIDE TO RESOURCES AND SERVICES FOR OLDER ADULTS IN YOLO COUNTY** - Your first copy is free. Additional copies are \$.50 at the senior center front desk. You can also find the Guide on the internet at <http://www.cityofdavis.org/pcs/seniors/resourceguide2005.pdf>
- **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 HICAP counselor. First and third Thursdays.
- **LEGAL CONSULTATIONS** - Davis attorney Bill Kopper is available for 15-minute appointments once a month. Call the center for an appointment.
- **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 at the center. For a small donation, you can borrow the items you need.
- **PHOTO ID PROGRAM** - Sponsored by the senior center, the Alzheimer's Society and the Davis Police Department, this program is aimed at identifying "wanderers" so they can be quickly returned to loved ones.
- **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.
- **VETERAN'S SERVICES** - Consultations on services available to veterans on **Mondays from 8:30 to 10:30 a.m.** Information on disability aid, pensions, burial, vocational rehabilitation, dependent's and survivor's benefits, health care, prescription drugs and life insurance are just some of the areas that he can assist you with. For more information, call 406-4850.

HELPING OTHERS

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

- **NUGGET MARKET RECEIPTS** (it's a fundraiser for SCD & the Senior Center)
- **USED PRESCRIPTION EYEGLASSES AND HEARING AIDS**
- **HOUSEHOLD BATTERIES** (we keep them from contaminating the landfill)
- **CANNED FOOD AND TOILETRY ITEMS**

SPECIAL ACTIVITIES

BONE DENSITY SCREENING

Free bone density screenings will be available on **Wednesday, May 18, 10:00 a.m. to 2:00 p.m.** at the senior center. This annual screening, made possible by Soroptimist International of Greater Davis, can help to determine if you are at risk for the bone-thinning disease, osteoporosis. The non-invasive wrist scan takes only a few minutes, and you will receive a printout of the results. A copy will be mailed to your doctor if you provide the address. Appointments are required. Call 757-5696.



WE'RE TAKING YOU TO THE BALLGAME!

We have seats left for our upcoming trip to see the Sacramento RiverCats play the Tacoma Rainiers at Raley Field in West Sacramento. The trip is scheduled on **Wednesday, June 1 from approximately 10:00 am to 3:30 p.m.**, and we have Senate Box seats near homeplate. The cost of this trip is only \$25 per person, and includes transportation to and from the game. For more info, please contact Chris in the main office.

ADVENTURE CAMP!

This is your last chance to sign up with the Davis Senior Center to explore the many lakes and vistas surrounding Lake Tahoe, while also learning about the history and folklore of the majestic Sierras. This and many other adventures, such as horseback riding, kayaking, biking and rafting are just a few of the activities that can be included in your reservation to Camp Sacramento's Adventure Camp, designed for adults 50 years of age or better.

We are taking a small group to this unique outdoor experience from **August 22-26**. Space is extremely limited, so please contact Chris in the main office for trip flyers and detailed reservation information. The cost is \$285 for singles, and \$240 for multiple persons per cabin. A \$20 per person, non-refundable deposit, is required to reserve your space by **Friday, May 13**. The balance of the trip fee is payable in full no later than Friday, July 1.

FRIDAY ARTABOUT – JUNE

On **Friday, June 10 from 6:00-9:00 p.m.**, the Davis Senior Center Art classes will be joining the June's "Second Friday ArtAbout", a monthly event at many art galleries in town. During this time, art lovers are able to make the rounds of gallery receptions, and all events are free.

The Davis Senior Center Art show is open only to students in the Davis Senior Center art classes, and a maximum of 2 art pieces may be placed in the show. Interested participants should list their pieces in priority order, and must be labeled with the artist's name, the title of the art piece, and media used. All art is to be delivered to the Senior Center between noon and 1:00 p.m. on June 10. The show is open to Watercolors (matted & ready to present), Oil & Acrylic (ready to present), and Ceramics (ready to present). Artists are also asked to bring two dozen cookies for the evening public showing.

Interested artists may contact Don Harting, 756-4654, or Jane Matteson, 756-1413, for more information.

CELEBRATE DAVIS!

This wonderful event, sponsored by the Davis Chamber of Commerce, is back again this year, and is looking to be even better than last year! The event is planned for **Thursday, May 26 from 4:30-8:30 p.m.** at Community Park. Festivities will include information booths, food, entertainment, cars, fireworks, and more! Don't miss out on this fabulous community event – it is a great chance to meet with neighbors and friends of all ages.

Happy Mother's Day



SPECIALTY CLASSES

Registration for special interest classes is accepted at City Hall, the Senior Center office or on-line at www.cityofdavis.org/webreg. For more information, you may call 757-5696, or refer to the City's new Summer 2005 Recreation Schedule.

- Dance & Jam** **May 13 & 27**
(F, 2:15-4:00 p.m.) No fee
- Dynabands** **May 2 – June 29**
(MWF, 2-3:00 p.m.) \$12/res & non-res
- Feldenkrais** **May 3 -31**
(T, 10:15-11:15 a.m.) \$23 res/\$29/\$34 non-res
- Frail to Fit** **May 3 - 31**
(TTh, 1:30-2:30 p.m.) \$23 res/\$29/\$34 non-res
- Linedancing** **May 4 & 11**
(W, 3:30-5:00 p.m.) \$8 res/\$14/\$19 non-res
- Nostalgics Singing** **Ongoing – Join anytime!**
(F, 1-2:00 p.m.) No fee
- Sr. Adult Fitness -** **May 2 -30**
(MWF, 7:30-8:30 a.m.)\$25 res/\$31/\$36 non-res
- Tai Chi/Chi Gung** **May 3 -31**
(T, 9-10 a.m.) \$20 res/\$26/\$31 non-res
- Walk n' Talk** **Ongoing – Join anytime!**
(MF, 9-10:00 a.m.) No Fee
- Gentle Yoga** **May 9 – June 6**
(MTh, 8:30-10 a.m.) \$48 res/\$54/\$59 non-res

OIL & ACRYLIC PAINTERS

The Oil & Acrylic painting class meets on **Monday mornings from 9:00 to 11:30 a.m.**, and new participants are welcome to join the class, along with instructor Nancy Hilden. For more info, call Don Harting at 756-4654.

FRIDAY WATERCOLOR CLASS

Come & enjoy our lovely new room with its wonderful natural lighting, as well as relaxing away the morning with good friends. Participants are encouraged to arrive around 9:00 a.m. for set up, and be ready for painting & instruction from **9:30-11:30 a.m. on Friday mornings.**

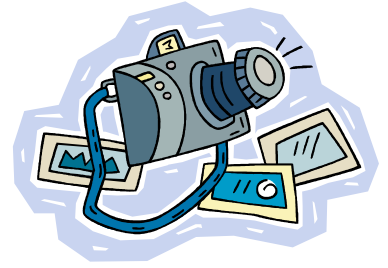
GOLF! GOLF! & MORE GOLF!

The Senior Center and Wildhorse Golf Course are offering the last spring session of golf lessons for adults, which includes putting, chipping and full swing, or just having the opportunity to improve upon your existing skills. The session will

be held on **Monday and Wednesday mornings, beginning May 9 through May 25, from 8:00-9:00 a.m.** The class fee is \$60 for residents and advanced registration is required. So, grab a friend or neighbor and enjoy this great outdoor class!

SNAP! EDIT! PRINT!

In this class, you will learn how digital cameras work, how to shop for a suitable camera, gain an understanding of photo resolution, moving digital photos to a PC, and storing & printing your photos. The class is on **Thursday, May 26 from 6:00-7:30 p.m. at the City Computer Lab, 600 A Street.** Advanced registration is required – space limited to 12 students. The class fee is \$15 per person.



JAPANESE LANGUAGE CLASS

A UCD student volunteer would like to offer free Japanese classes at the senior center. If you would like to learn the language, please call 757-5696 and leave your name and phone number. If enough people are interested, we will start a class in May.

VIDEO MOVIES

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



May 6 – Simon and Garfunkle Concert in Central Park – Classic 1988 performance of the reunited duo in New York's Central Park.

May 13 – The Wackiest Ship in the Army – A battered ship becomes an unlikely implement for WWII heroism. Stars Jack Lemmon.

May 20 – Meet the Fockers – The in-laws meet in this comedy starring Robert DiNiro, Barbra Streisand and Dustin Hoffman

May 27 – The Incredibles – Clever, animated, award- winning film stars former super heroes.

SUPPORT GROUPS

PERIPHERAL NEUROPATHY GROUP FORMS

We welcome a new support group for peripheral neuropathy to the senior center this month. The group has been meeting at the Davis library for the past several years, but the center will be their new home and newcomers are always welcome.

Alzheimer's Support - Wednesday, May 18 at 10:00 a.m.

Breathers Support - meets on the 4th Thursday of every month, May 26 at 1:30 p.m.

Caregiver Support – meets on Thursday, May 12 at 7:00 p.m. The topic is “Health Care Directives - the Five Wishes Way.” Everyone is welcome.

Diabetes Support - meets on Wednesday, May 18 at 3:15 p.m. Podiatrist, Scarlett Kroencke will speak on foot care for the diabetic.

Parkinson's Support – meets on Tuesday, May 24 at 1:30 p.m.

Peripheral Neuropathy – meets Wednesday, May 11 at 2:00 p.m. The speaker is Denise Dempsey, yoga/meditation leader/teacher at the Davis Holistic Health Center.

Vision Support - meets on Wednesday, May 18 at 10:30 a.m. Everyone is welcome.

Widowed Persons – Thursday, May 5 and 19 at 10:30 a.m.

MEDICARE NEWS

Starting in January, Medicare added several new preventive benefits: cardiovascular screenings that check your cholesterol and other blood fat (lipid) levels once every five years; diabetes screening tests up to twice a year for people at high risk for the disease; and an initial physical exam done within six months of enrollment in Medicare Part B, for which the beneficiary has to make a 20% co-payment.

MISCELLANEOUS

55 ALIVE MATURE DRIVER COURSE

Our next 55 Alive Driver refresher session will be **Wednesday, July 20 and Thursday, July 21, 12:30pm - 4:30pm**. Advance registration is required at the Davis Senior Center main office. We will need either \$10 cash or a check payable to AARP at the time of registration. *Hurry, this popular refresher course fills up fast!*

NUGGET RECEIPTS

Don't forget that the Senior Center collects Nugget Market receipts as a fundraiser for the center. Please continue turning in your receipts from Nugget Market to help support senior programs. Nugget generously donates 1% of the total to us. This year's totals are due in June, so get them in. Thanks!



THANK YOU TO OUR INTERNATIONAL PARTY DONORS!

Once again, our annual International Dinner & Raffle was a huge success thanks to the donations from many businesses here in Davis. We would like to take the time to thank all those who donated food and/or raffle items for our fabulous event. Special thanks to: *Café Italia, The Mustard Seed, Sophia's Thai Kitchen, Soga's, Woodstock's Pizza, Silver Dragon, Hunan Restaurant, Sudwerks, Strings, Dos Coyotes Border Café, Café California, Davis Food Co-op, Zia's Italian Deli, Taqueria Guadalajara, Papa John's Pizza, South Davis Safeway, Albertson's, La Esperanza, Applebee's Bar & Grill, I-Hop, Symposium, Covell Gardens, Avid Reader Bookstore, Samira's, Stretzia Florists, and Travel n' Tails.* The generosity in our community is overwhelming. To all those who contributed this year, THANK YOU!

DAVIS TRAVELAIRES**A Non-Profit Travel Organization****Kay Jeffery, Executive Director****646 A Street, Davis, CA 95616****(530) 753-4159****Office hours:****Mon., Wed., & Fri.: 10 a.m.-2 p.m.**

May 10 – Silver Legacy – Reno - \$10 cash & \$5 food. Depart Senior Center at 7:45 a.m. and Rancho Yolo at 8:00 a.m. Return approx. 8:00 p.m.

May 14 – Filoli Gardens – Wait list.

May 27 – June 2 – Mississippi River – Wait list.

June 9 – Day at the Races – Enjoy a leisurely buffet luncheon in the glass enclosed Turf Club. Then bet on your favorite horse or simply relax and enjoy watching the races. \$59.

June 11 – Muir Woods – Wait list.

June 24 & 25 – Sundial Bridge – Also Mt. Lassen, Burney Falls, Shasta Sunset Dinner Train along the slopes of Mt. Shasta. Spend the night in a real caboose (each has its own bathroom, refrigerator and coffeemaker) at the foot of Magnificent Castle Crags. Also a few cabins available. \$300 pp. dbl., add \$62 ss.

July 14 – Boomtown - \$20.

July 20 – Champagne, Roses and Melodies – Lunch at the charming Village Inn overlooking the Russian River. Relax and listen to the songs and melodies performed by William Florian, once a lead singer with the famous New Christy Minstrels. Then travel to Korbel Champagne Cellars and Gardens for an enjoyable tour of both the sparkling wine production facility and the gardens filled with 250 varieties of antique roses. \$88.

July 25-29 – Catalina Island, J. Paul Getty Museum and the Laguna Arts Festival. Wait list.

August 4 – Giants Game – Wait list.

August 18 – Bodega Bay – At the costal town of Bodega, visit the historic schoolhouse featured in

Alfred Hitchcock's movie thriller "The Birds." Get inside information on the filming as well as the history and local lore of the town. Lunch is included at the Bodega Bay Clubhouse overlooking the golf course with views of the coastline. Then, at UC Davis' Bodega Marine Lab, view the whale and salmon research areas as well as the recently constructed facility which includes a tide pool and three aquaria. \$87.

August 31 – Wicked – The winner of 14 major awards, including three Tony awards, this spellbinding musical has taken Broadway by storm. Now it comes to the Orpheum in San Francisco where we'll have center orchestra seats. Lunch is included at Dante's Restaurant. \$145.

September 13 – Cornerstone Festival of Gardens – Inspired by the Garden Festival at Chaumont-sur-Loire in France, Cornerstone features 15 garden galleries by top international landscape architects representing art, design and horticulture. Enjoy a delicious box lunch and then we'll go to the Gloria Ferrer Champagne Caves for a docent tour and champagne sampling. \$87.

October 3 – 8 – "Chicago, Chicago, that toddlin' town" - You will be surprised and delighted with Chicago. Its downtown is beautiful, the architecture magnificent and its location on Lake Michigan is breathtaking. Pick up flyer in Travelaires office. \$1660 pp dbl., add \$475 ss.

October 13 – Apple Hill – Guided tour of Apple Hill ranches, hosted BBQ chicken lunch with apple pie, free time at High Hill Ranch. \$53.

Oct. 18 – Third Annual Mystery Trip – Wait list.

November 6 & 7 – Debbie Reynolds Show – Overnight at the Nugget Sparks. \$147 pp dbl, add \$25 ss.

December 29 – January 5, 2006 – A Grand Canyon New Year – Enjoy two nights at the south rim – it's beautiful with snow! New Year's Eve dinner with champagne will be at the Grand El Tovar Lodge. Then it's on to beautiful Sedona and the warmer climes of Scottsdale and Palm Springs. Many extras and the price is unbeatable! \$1250 pp dbl., add 395 ss.

* Indicates need to register in advance
by calling 757-5696.

May 2005

Senior Center Activities

Transportation Services 757-4408
Senior Center Office 757-5696

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>8:30am Yoga 8:30am Veteran Services 9:00am Oil/Acrylic Painting 12:30pm Duplicate Bridge 1:00pm Scrabble/Cont. Bridge 6:30pm Social Bridge</p>	<p>3</p> <p>9:00am Ceramics 9:00am Tai Chi 10:15am Feldenkrais 11:00am Rummage Sale 11:30am SCD Mtg/Potluck 1:00pm NARFE Bd Mtg 1:00pm Bridge/Pinochle 4:00pm Memoirs 7:00pm Davis Dynamos 7:00pm Stamp Club</p>	<p>4</p> <p>Caregiver Appts.* 10:30am AARP Bd Mtg. 12:30pm 55 Alive* 1:00pm Hem & Haw 1:00pm Poker 3:30pm Line Dancing</p>	<p>5</p> <p>8:30am Yoga 9:30am Memoirs 10:30am Widowed Persons Sup. 12:30pm Bingo 12:30pm 55 Alive* 1:00pm HICAP*</p>	<p>6</p> <p>9:00am Scrabble 9:30am Watercolor Painting 12:15pm Video Movie 1:00pm Nostalitics 2:00pm Current Events</p>
<p>9</p> <p>8:30am Yoga 8:30am Veteran Services 9:00am Oil/Acrylic Painting 12:30pm Duplicate Bridge 1:00pm Scrabble/Cont. Bridge 2:00pm Legal Asst.* 6:30pm Social Bridge 7:00pm Internet Users Group</p>	<p>10</p> <p>9:00am Ceramics 9:00am Tai Chi 9:00am Bridge Lessons Start* 10:15am Feldenkrais 1:00pm Bridge/Pinochle 1:00pm Bridge Lessons Start* 4:00pm Memoirs 7:00pm Mac Users Grp</p>	<p>11</p> <p>Caregiver Appts* 10:00am Advance Directive Class* 11:30am AARP Mtg/Potluck 1:00pm Hem & Haw 1:00pm Poker 2:00pm Peripheral Neuropathy 3:30pm Line dancing</p>	<p>12</p> <p>8:30am Yoga 9:30am Memoirs 10:30am Blood Pressure Check 12:30pm Bingo 2:30pm Sr Commission Mtg 7:00pm Caregiver Sup Group</p>	<p>13</p> <p>9:00am Scrabble 9:30am Watercolor Painting 12:15pm Video Movie 1:00pm Nostalitics 2:15pm Jam Session &Dance</p>
<p>16</p> <p>8:30am Yoga 8:30am Veteran Services 9:00am Oil/Acrylic Painting 12:30pm Duplicate Bridge 1:00pm Scrabble/Cont. Bridge 6:30pm Social Bridge</p>	<p>17</p> <p>9:00am Ceramics 9:00am Tai Chi 9:30am Book Review 10:30am Sr Center Reads 10:15am Feldenkrais 1:00pm Bridge/Pinochle 4:00pm Memoirs</p>	<p>18</p> <p>Caregiver Appts* 10:00am Alzheimer's Sup Grp 10:00am Osteo Screening* 10:30am Vision Sup Grp 1:00pm Hem & Haw 1:00pm Poker 3:15pm Diabetes Sup Grp 4:00pm GRAND OPENING CEREMONIES</p>	<p>19</p> <p>8:30am Yoga 8:30am HICAP* 9:30am Memoirs 10:30am Widowed Persons Sup. 12:30pm Bingo</p>	<p>20</p> <p>9:00am We're On The Move Fitness Walk & Breakfast 9:00am Scrabble 9:30am Watercolor Painting 11:00am Elderlaw Clinic* 12:15pm Video Movie 1:00pm Nostalitics 2:00pm Current Events</p>
<p>23</p> <p>8:30am Yoga 8:30am Veteran Services 9:00am Oil/Acrylic Painting 12:30pm Duplicate Bridge 1:00pm Scrabble/Cont. Bridge 1:00pm Genealogy Club Mtg. 6:30pm Social Bridge</p>	<p>24</p> <p>9:00am Ceramics 9:00am Tai Chi 10:15am Feldenkrais 1:00pm Bridge/Pinochle 1:30pm Parkinson's Sup Grp 4:00pm Memoirs</p>	<p>25</p> <p>Caregiver Appts* 11:00am Food Distribution 1:00pm Hem & Haw 1:00pm Poker</p>	<p>26</p> <p>8:30am Yoga 9:00am DMV Services 9:30am Memoirs 12:30pm Bingo 1:30pm Breathers Sup Grp. 6:00pm Digital Photos* (at 600 A Street)</p>	<p>27</p> <p>9:00am Scrabble 9:30am Watercolor Painting 12:15pm Video Movie 1:00pm Nostalitics 2:15pm Jam Session &Dance</p>
<p>30</p> <p style="text-align: center;">Memorial Day Center Closed</p>	<p>31</p> <p>9:00am Ceramics 9:00am Tai Chi 9:00am SCD Bd. Meeting 10:15am Feldenkrais 1:00pm Bridge/Pinochle 4:00pm Memoirs</p>			

May 2005

Elderly Nutrition Program of Yolo County People Resources, Inc.

Transportation Services 757-4408
Senior Center Office 757-5696

Monday	Tuesday	Wednesday	Thursday	Friday
2 Breaded Fish w/tartar sauce AuGratin Potatoes Steamed Carrots French Bread Citrus Cup	3 <p style="text-align: center;">SCD Potluck</p> <p style="text-align: center;">No ENP meal today MOW delivery only</p>	4 Coleslaw BBQ Port Riblet Biscuit Apricots	5 Cinco De Mayo Chicken Soft Taco w/shredded lettuce, diced tomatoes & chilies Mexican Style Corn Spanish Rice Mexican Cookie	6 Mother's Day Celebration Ham Whipped Sweet Potatoes Broccoli Dinner Roll English Trifle
9 Apricot Chicken Rice Steamed Broccoli Wheat Roll Peaches	10 Fruit Juice Hamburger with Lettuce, Tomato, Onion, Mayo, Pickle Relish, & Ketchup Ranch Beans Brownie	11 <p style="text-align: center;">AARP Potluck</p> <p style="text-align: center;">No ENP meal today MOW Delivery Only</p>	12 Pork Fritter with Dijon Sauce Buttered Noodles Swiss Chard Rye Swirl Bread Cinnamon Apple Slices	13 Fruit Juice Shrimp Louie Salad w/Lettuce, Tomato, Egg & Carrot Strips French Bread Lemon Pudding
16 Southern Country Chicken Fried Steak w/Country Gravy Red Potatoes O'Brien Steamed Green Peas Biscuit Mandarin Orange Slices	17 Tuna Salad on Bed of Greens w/Cherry Tomatoes, Carrots Italian Pasta Salad w/Broccoli Multi Grain Roll Gelatin w/Pears	18 Roast Pork Sweet Potatoes Mixed Vegetables Wheat Roll Tropical Fruit	19 Teriyaki Chicken w/Pineapple Slices Buttered Long Grain Rice Oriental Vegetables Wheat Roll Butterscotch Pudding	20 Fruit Juice Tossed Salad Chili Cheese Dog w/Bun & Homestyle Chili Berry Crisp
23 Fruit Juice Chicken Parmesan Rice Pilaf Italian Blend Vegetables w/ Red Pepper Pieces Wheat Bread Tapioca Pudding	24 Fruit Juice Chef's Salad w/Ham, Cheese, Tomato, Egg & Bell Pepper Bread Stick Ambrosia	25 Happy Birthday Day!! Roast Beef w/AuJus Fluffy Whipped Potatoes Steamed Spinach French Bread Cake	26 Three Bean Salad Cheese Ravioli in Sauce Broccoli Baguette Apricots	27 Carrot Salad Open Faced Turkey Melt Oven Fries Green Beans w/Sweet Peppers Banana
30 <p style="text-align: center;">Memorial Day Center Closed</p>	31 Breaded Fish Cheesy Pasta Scandinavian Blend Vegetables Warm Dinner Roll Seasonal Fresh Fruit			

\$2.50 Senior Contribution Mandatory charge of \$3.00 for Essential Volunteers (Under 60) \$6.25 Guest Fee for People Under 60 unless accompanied by their Senior spouse.

MEALS ARE SERVED MONDAY THROUGH FRIDAY AT 11:30 A.M.
Please contact Elderly Nutrition Program at (530)662-7035 for complete dietary information