

Davis
Davis Senior Center
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Senior Scene

DAVIS SENIOR CITIZENS CENTER

646

Transportation: (530) 757-4408

Office: (530) 757-5696

Travelaires: (530) 753-4159

Volume XXXIV, Number 7

Office Fax: (530) 758-0463

July 2006

\$10.00/Year Subscription

Email: seniorservices@cityofdavis.org

www.cityofdavis.org/pcs/seniors/

NEW OUTDOOR PATIO DONATED BY SUNRISE ROTARY CLUB

The reviews are in and it's a big hit! The Sunrise Rotary Club recently transformed an unattractive service entry into an inviting garden courtyard, where participants, volunteers and staff can enjoy a cup of coffee together, or just have an informal outdoor meeting. Genealogy Club library volunteers agree "the new patio design is wonderful. Much more natural lighting enters the facility through the hallway windows. It just brightens up the whole area!"

Over the past two months, volunteers from the Sunrise Rotary Club donated all the materials and labor to create this wonderful outdoor meeting area which includes a paver stone patio surrounded by decorative fencing and landscaping, and two picnic tables with shade umbrellas. Groups interested in using the space may inquire at the Senior Center main office.

Please join us in thanking the members of the Sunrise Rotary Club for this wonderful addition to our center!

INSTALLATION OF ACOUSTIC MATERIALS IN VALENTE ROOM

During the week of July 17, there will be no activities held in the Valente Room due to the installation of new acoustic (sound) material. We apologize for this inconvenience, however, it is a necessary installation that we hope will continue to improve upon the overall use of the new addition. Activities that are cancelled this week include:

- Oil & Acrylic Painting (Monday, July 17)
- Tap Dancing (Monday, July 17)
- Ceramics (Tuesday, July 18)
- One-Stroke Painting* (Thursday, July 20)
* has been relocated into the MPR-East
- Watercolor Painting (Friday, July 21)



HOLIDAY CLOSURE

The Davis Senior Center and the Elderly Nutrition Program will be closed for all programs & services on **Tuesday, July 4** due to the Independence Day Holiday.

Christine Helweg, Community Services Supervisor
Lisa DeAmicis, Information & Assistance Coordinator
Jan Butler, Senior Office Assistant

SENIOR CENTER STAFF

Leslie Nelson, Nutrition Site Manager

Brianna Diaz, Asst. Program Coordinator
Katacha Diaz, Asst. Program Coordinator
Kay Jeffery, Travelaires Executive Director

SENIOR CITIZENS OF DAVIS

Promoting Independent, Healthy Lifestyles

SCD POTLUCK . . .

Don't forget that there is no potluck this month, so the next time we will see you will be at our annual Hawaiian Luau to be held on **Tuesday, August 1, beginning at 11:30 a.m.** Music will be provided by our very own "Music From the Back Room," along with some other surprises!

The food schedule is as follows: last names beginning with **A-H should bring desserts, I-R salads, and S-Z cold cuts or salad.** As always, guests who are unable to bring a dish may contribute \$5 per person. Each person should bring a plate and utensils.

SUNSHINE LADY

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

Get well cards to Jean Lockhart, Adeline Ramey, Jeanette Gonzales, Margaret Tucher, Murial Knudsen, Betty Kaufman, Helen McEnroe and Harriet Dolbeck.

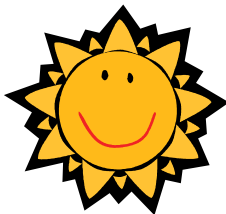
Thinking of You cards to Juanita McNeil, Therese Smith, Bill Griggs, Jeanette Gonzales, Bill & Mercedes McElwain, Reva Carnini and Charlie Russell.

Sympathy cards to the family of Janice Binger, family of Harmon Smith, family of Carlos Purves, family of Gaven Shows, family of Mary Dixon, family of Wilma Lungstrum, family of Jim Givens, family of Warren D. Porter, family of Ginevra Osebold, family of Arthur Evans, and Therese Smith in the death of her dear friend and bridesmaid.

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.

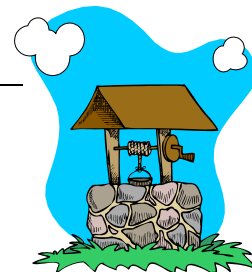
NEW MEMBERS FOR MAY - JUNE

Please join us in welcoming the following new SCD members Doreen Caro, Jim & Marcy Shannon, Jerry Adams, Eric & Elizabeth Bradford, Janet Day, Flora Cheng, Gayle Flanders, Maurice & Ann Anderson, John & Elizabeth Owens, Sam & Pat Colenzo and Jerry & Deedra Johnson.



DAVIS COMMUNITY TRANSIT

Greetings from DCT! Please be reminded that effective July 1 the fare for registered riders has been raised to \$1.25 per 1-way trip. The 1-way fare for non-registered is now \$2.00. The new cost for a 20-ride bus pass is \$25.00 and \$12.50 for a 10-ride pass. Please make sure you have exact change if you are using an old bus pass and need to put a quarter in the vault. The drivers do not carry change nor make change. If you have any questions please feel free to call our office at 757-4408. We would like to welcome Nadia Israwi and Justin Infante to the DCT staff! They both come to DCT with lots of Unitrans experience, and like Hannah and Kim, Nadia comes to us most recently from Roseville Transit.



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	\$ 60
Duplicate Bridge – Monday	\$ 43
Friday Memoirs	\$ 52
Handy Helpers	\$ 25
Hem & Haw (SCD)	\$ 69
Information & Assistance	\$ 34
Internet Users Group	\$ 45
Mac Users Group	\$ 30
Medical Equipment Donations	\$295
Miscellaneous	\$ 43
Nostalgics	\$ 31
Quilt Raffle	\$232
Tap Dancers	\$ 39
Tuesday Pinochle	<u>\$ 12</u>
Total	\$1160

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

CLUBS & SPECIAL INTERESTS

AARP POTLUCK

AARP's **July 12** meeting will begin with the customary social hour at 11:30a.m., with lunch following at 12:00 noon. Our program will feature "Flower Arranging," presented by Barbara Lieb.



Members should bring a guest and food to share or you may donate \$5.00 per person instead of food. Last names beginning **A-G bring salad, H-P salad, Q-Z dessert.** Any questions, call 753-0266.

BOOK REVIEW

Join us on **Tuesday, July 18 at 9:30 a.m.** for our monthly book review hosted by Stan Forbes, owner of The Avid Reader bookstore in Sacramento. Stan will provide you the latest scoop about new hot sellers and the best kept secrets!

SENIOR CENTER READS...

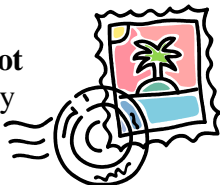
The discussion book for August will be The Whole World Over by Julia Glass, winner of the National Book Award for Three Junes. Books are on sale while supplies last. Cost is \$16 – hardback.

CURRENT EVENTS DISCUSSION GROUP

The discussion group will meet on **Friday, July 7 & 21 beginning at 2:00 p.m.** Anyone is welcome to drop in and join the discussion. Historical and timely events of interest are featured.

DAVIS STAMP CLUB

The Davis Stamp Club will **not meet in July** because of the 4th of July holiday. The next meeting will be **August 8, 7:00 to 8:00 p.m.** For more information, call Anne Hance at 753-7265.



SENIOR CITIZENS COMMISSION

The next regularly scheduled meeting will be held on **Thursday, July 13 at 2:30 p.m.** The public is encouraged to attend & join in on discussion items.

GENEALOGY CLUB & LIBRARY

The Davis Genealogy Club Library is open Wednesdays and Fridays from 1:00 to 4:00 p.m. A volunteer is available to help with questions at these times. We will not be holding club meetings in either of the months of July and August. Look for our club announcement in September and/or visit our new club website at: <http://davisgenealogy.org> For more information, call Linda Luther at 756-6396.

INTERNET USERS GROUP

The group will meet from **7:00-8:30 p.m.** on **Monday, July 10.** The topic will be "Questions and Answers about Email." This is a perennial topic and remains relevant and important because options multiply as do viruses and other malicious influences. We talk about: email accounts of various sorts, sending images and other attachments with your emails, as well as about email etiquette and hazards.

For more information, call Anne Hance at 753-7265, Lois Richter at 758-5058 or Carol Harting at 756-4654, or check the web site at www.dcn.org/iug/

MAC USERS GROUP

This group meets on the second Tuesday of each month, from **6:30-8:30 p.m.** The next meeting will be held on **Tuesday, July 11.** For more information, call Michael Beaucage at 758-7639.



MEN TO GATHER

The Men's Group will meet on **Wednesday, July 26 at 10:00 a.m.** in the lounge at the senior center. The group has decided to continue talking over old times. Newcomers are always welcome.

RED HAT SOCIETY – DSC ROCKERS

This month's activity will be a Bunco Party here at the senior center on **Thursday, July 20 from 1:30 - 3:30 p.m.** Lots of good fun and good treats! Please give us a call at 757-5696 to let us know if you are coming.

GREETINGS FROM THE FRIENDSHIP CAFE

MEAL HIGHLIGHTS

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 are:



Monday, 7/3 “Happy 4th of July”– wear your favorite red/white/blue attire, and join us for apricot nectar, patriotic potato salad, hot diggity dog, cob-less corn, and star spangled melon.

Thursday, 7/20 “Moon Day” – join us for meatloaf with gravy, creamy new potatoes, spinach, honey wheat roll, a quarter moon cantaloupe wedge.

Wednesday, 7/26 “Happy Birthday” – help us celebrate our July birthdays with fruit juice oven-fried chicken, macaroni salad, peas & carrots, biscuit, and, of course, birthday cake!

Meal reservations should be made **no later than 12:00 noon** the day prior to attending. Meal reservations received less than 24 hrs in advance may not be available. For meal cancellations, please **call at least 24 hrs** in advance when possible. For further information, call 757-5696.

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*

HELPING OTHERS

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

- **NUGGET MARKET RECEIPTS** (it’s a fundraiser for SCD & the Senior Center)
- **USED PRESCRIPTION EYEGLASSES AND HEARING AIDS**
- **HOUSEHOLD BATTERIES** (we keep them from contaminating the landfill)
- **CHARITABLE FINANCIAL GIFTS** are always welcome (and tax deductible). Talk to Christine Helweg if you would like to make a contribution to the Davis Senior Center.

INFORMATION & ASSISTANCE

UTILITY HELP

Even if your utilities are included in your rent, or sub-metered as in a mobile home park, you might be eligible for the HEAP or CARE programs. HEAP provides a once annual payment for your utility bills. You qualify for HEAP if your monthly household gross income is \$1,763.15 (or \$2,305.65 for a couple). CARE is a discount of 20% on your monthly PG&E bill if your annual household income is below \$28,600 for a one or two-person household. For help with forms, contact Lisa at 757-5696.

HOMEOWNERS AND RENTERS ASSISTANCE

Assistance with forms for this rebate program is available July 1 – 31. Maximum household income is \$40,811. The senior center has not yet received the forms, but you may make an appointment with a volunteer for help in applying for this once-a-year assistance. Appointments are available for Mondays, 9:00 a.m. – 12:00 p.m. or Thursdays from 12:30 – 4:00 p.m.

SOCIAL SECURITY SERVICES

A representative from the West Sacramento Social Security office will be at the Senior Center on **Wednesday, July 26 at 9:00 a.m.** to assist you with any questions or problems related to Social Security.

DMV SERVICES

A representative from the Department of Motor Vehicles will be on site at the senior center on **Thursday, July 27 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 auto registration.

AFFORDABLE HOUSING

Davis’ newest affordable senior housing complex, Eleanor Roosevelt Circle, is under construction with a target opening date of January 2007. Seniors 55 and over are eligible to live in the 60-unit complex. The first residents will be chosen by lottery with certain preferences: 35% of the

apartments are set aside for seniors with disabilities. Rents will range from approximately \$250 up to \$1,000 depending on the household income level. For more information, go to the website www.community.coop/davis or contact Lisa at the senior center.

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 – Wednesday, July 19 at 10:00 a.m.

Breathers Support – Thursday, July 27 at 1:30 p.m. “Balance Training” will be the topic for speaker Claire J. Keeley, who is a registered clinical exercise physiologist with the Cardiac Rehabilitation Program at Sutter Davis Hospital. The session will include relaxation techniques and breathing training. Newcomers are welcome.

Diabetes Support – Meetings resume in September.

Parkinson's Support – Meetings resume in September.

Peripheral Neuropathy Group – Wednesday, July 12 at 2:00 p.m. The July meeting will be an interactive workshop on “Ten Steps from Patient to Person,” a program of the American Chronic Pain Association.

Vision Support – Meetings resume in September.

VOLUNTEERS NEEDED

VOLUNTEER FOR BREATHERS GROUP

If you have a background in the health professions and are interested in volunteering at the senior center, the Breather Support Group is looking for someone like you who can attend their meetings and serve as a resource. You would not be required to make presentations, but to answer any questions that might come up, within your field of knowledge. Call Lisa at 757-5696 for more information.

VIDEO MOVIES

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

July 7 – Mrs. Henderson Presents - Brit Laura Henderson buys an old London theater, fixes it up, names it the Windmill, and turns it into a venue for all-nude reviews.

July 14 – Tristan and Isolde – An affair between the second in line to Britain's throne (Franco) and the princess of the feuding Irish (Myles) spells doom for the young lovers.

July 21 – Cheaper by the Dozen – With his wife doing a book tour, a father of twelve must handle a new job and his unstable brood. Stars Steve Martin and Bonnie Hunt.

July 28 – Roman Holiday – Audrey Hepburn at her Oscar-winning best in an immortal comedy-romance with Gregory Peck.

MISCELLANEOUS

NO PETS IN SENIOR CENTER

Within the past few months, there have been several incidents where participants have brought their personal pets into the center during an activity. The Senior Center staff would like to remind everyone that pursuant to the California Health & Safety Code, Section 114045, only service dogs for the visually impaired are allowed in the Senior Center facility. We appreciate your cooperation in leaving your pets at home during your visits to the Senior Center – thank you!



TALKING PEDOMETERS

If you have trouble reading standard pedometers due to vision loss, we have a treat for you! The senior center has a limited supply of “talking pedometers,” which audibly announce the number of steps or miles you have walked. As a bonus, the pedometers include a panic alarm feature for security. Funded by Area 4 Agency on Aging, these pedometers allow even more seniors (age 60+) to participate in the Pehlke Pacers 10,000 steps walking program. Ask at the front desk of the center if you would like one. You can do it!

SERVICES

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

- **INFORMATION & HELP AVAILABLE** - This program helps to guide you through the maze of programs & services available to older adults. Call our Information & Assistance Coordinator for an appointment. This program is funded in part by the Area 4 Agency on Aging.
- **ADVANCE HEALTH CARE DIRECTIVES** - The "Advance Health Care Directive" kit is available for a suggested donation of \$2.50.
- **ARE YOU OK?** - A daily computerized phone call from the Davis Police Department. If you answer the phone, they'll know you are O.K. If not, they check on you.
- **BLOOD PRESSURE CHECKS** – Drop in to get your blood pressure checked at no cost by American Medical Response (AMR) Ambulance Services on the second Thursday of every month, 11:00 – 11:30 a.m.
- **FAMILY CAREGIVER SUPPORT PROGRAM** – Resource specialist Peggy Phelps is available for consultations at the center or your home by appointment. The service includes counseling, resource information and service coordination. Call 666-8828.
- **GUIDE TO RESOURCES AND SERVICES FOR OLDER ADULTS IN YOLO COUNTY** - Single copies available at the front desk. You can also find the Guide on the internet at www.cityofdavis.org/pcs/seniors/, then click on the right column on Senior Resource Guide.
- **HEALTH INSURANCE COUNSELING AND ADVOCACY PROGRAM (HICAP)** - If you have questions about Medicare, long-term care, HMOs, or other health insurance matters, make an appointment with a volunteer counselor. First and third Thursdays of each month.
- **LEGAL CONSULTATIONS** - Davis attorney Bill Kopper is available for 15-minute 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.
- **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.
- **DIANNE HINSZ MEMORIAL SCHOLARSHIPS** - Scholarships are available to pay for the full or partial amount of a class for those who can't afford it. To be eligible, your annual income must be below \$18,000 for an individual or \$24,000 for a couple. Scholarships are available up to a maximum of \$125 per calendar year, and can only be used for the cost of the class, excluding materials/lab fees. For more information, please contact Lisa in the office.
- **TIME OFF FOR CAREGIVERS** - Do you need a break from caregiving? This respite program, through Citizens Who Care, offers a safe, fun environment for frail older adults on the 2nd & 4th Saturdays of the month at the senior center. (There is a charge for this program.) Call 758-3704 for information.
- **VETERANS' SERVICES** – Consultations on services available to veterans on **Mondays from 8:30 to 10:30 a.m.** Information on disability aid, pensions, burial, vocational rehabilitation, dependent's and survivor's benefits, health care, prescription drugs and life insurance are just some of the areas available. For more information, call 406-4850.



Remember to sign in each time you come to the Senior Center. This helps us prove that our center is well-used. Sign-in books are located near the A Street and 7th Street entrance.

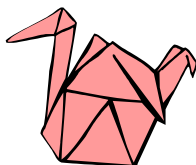
SPECIAL EVENTS & ACTIVITIES

MEALS MADE EASY

Come enjoy your summer food favorites on **Tuesday, July 25, at 1:30 p.m.** as Ashley prepares Deviled Egg Salad, Oil and Vinegar Slaw, and Angel Food Cake with Berries. These recipes are extremely easy to prepare, which gives you more time to enjoy the activities that you love in these summer months!

ORIGAMI WORKSHOP

Oh boy! Origami. Learn how to do simple origami, a traditional Japanese paper craft in an afternoon workshop at the senior center on **Friday, July 28, 1:00-3:00 p.m.** UC Davis student volunteer Jane Hsieh will teach you how to make origami shapes in forms of a cat, dog, fish, and other interesting objects. Come to the workshop by yourself, or bring along a grandchild (over age 8) who will enjoy the activity. Advance registration required. Cost is \$1 per person for materials. Register at the senior center office.



SPECIALTY CLASSES

OIL & ACRYLICS

The group will continue to meet during the summer months of July & August on Monday mornings. Now is the time to finish some "long forgotten canvasses" and a great time to discuss projects with other painters.



ONE-STROKE PAINTING

Instructor Sandra Gray-Fitzpatrick will be demonstrating how to draw the **Passion flower** on **Thursday morning, July 13 and Topiaries on Thursday, July 20, 9:00 to 11:30 a.m.** These classes are a fun and simple way to learn decorative painting. The fee for the 2 classes is \$8 for residents, plus a materials fee, and advance registration is required. Inquire at the office for class brochures, material costs and subsequent sessions.

WATERCOLOR CLASS

Chris Shackel brings the subject color into focus during the Friday morning watercolor class. Chris shares her experience as an artist-instructor and the June sessions have been appreciated.

During the summer groups of watercolor painters will enjoy Friday mornings (9:30 to 11:30 a.m.) together. Come and bring your paints and supplies. Although no formal instruction will take place, participants will enjoy the well lighted room and the company of other painters. All are invited.

ONGOING CLASSES

Registration for ongoing 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 Summer 2006 Recreation Schedule.

Ceramics (T, 9-11:00 a.m.)	Ongoing – Join anytime! \$5 per month
Dance & Jam Session (F, 2:15-4:00 p.m.)	July 14 & 28 No fee
Dynabands (MWF, 2-3:00 p.m.)	July & August \$12/res & non-res
Feldenkrais (T, 10:15-11:15 a.m.)	July 18 – August 1 \$14res/\$20/\$26 non-res
Slow & Easy (TTh, 1:30 -2:30 p.m.)	July 11 - 27 \$17 res/\$23/\$29 non-res
Linedancing	No class in July
Nostalgics Singing (F, 1-2:00 p.m.)	Ongoing – Join anytime! No fee
One-Stroke Painting (Th, 9-11:30 a.m.)	July 13 & 20 \$8 res/\$14/\$20 non-res*
	*plus material fee payable to instructor
Sr. Adult Fitness (MWF, 7:30-8:30 a.m.)	July 3 - 31 \$33 res/\$38/\$45 non-res
Tai Chi/Chi Gung (T, 9-10 a.m.)	July 11 - 25 \$13 res/\$18/\$25 non-res
Tap Dancing (M, 3:00-5:00 p.m.)	Ongoing – join anytime! No fee
Walk n' Talk (MWF, 9-10:00 a.m.)	Ongoing – Join anytime! No Fee
Yoga - Intermediate (MTh, 8:30-10 a.m.)	July 3 – 27 \$48 res/\$54/\$60 non-res
Yoga – Chair Intro (MTh, 10:30-11:30 am)	July 3 – 27 \$32 res/\$38/\$44 non-res

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.

July 3 – 7 – Travelaires office closed

July 15 – Nordstrom Shopping and “Menopause the Musical” – Wait list.

July 28-Aug. 9 – Northern Exposure – Circle British Columbia – Wait List.

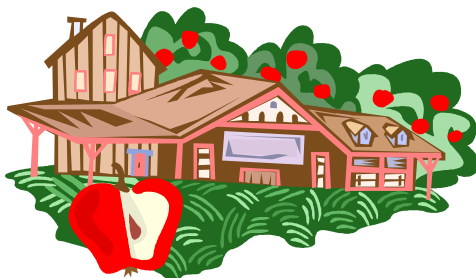
August 10 – BoomTown - \$10 cash, \$5 food coupon. \$25

August 23-26 – Ashland – Stay at the historic Ashland Springs Hotel, just one block from theatres. Includes productions at Elizabethan Stage, Bowmer Theatre and Cabaret Theatre. Lunch and free time at Jacksonville, nestled in the foothills of the Siskiyou Mountains. \$755 pp dbl., add \$277 ss.

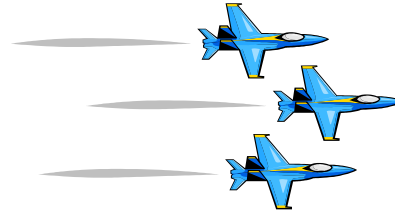
September 14 – Nugget, Sparks - \$10 cash, \$3 food coupon. \$25

Sept. 18-21– Santa Barbara, Channel Islands, Reagan Library - Three-night stay at the Crown Plaza on the beach at Ventura. Cruise around the Channel Islands, known as the “American Galapagos,” visit the Reagan Library and the new Air Force One Pavilion. Spend a day with a local guide on a deluxe tour of Santa Barbara. On the way home, stop for lunch at Eberle Winery. \$660 pp dbl., add \$185 ss.

Sept. 26 – Apple Hill – Always a favorite day trip. Visit Apple Hill ranches, hosted BBQ chicken lunch with apple pie. Free time at High Hill Ranch. \$49



October 7 – Fleet Week’s Blue Angels – Board the San Francisco Belle and enjoy a champagne lunch as you cruise San Francisco Bay. Watch the daring pilots of the Blue



Angels, known for their acrobatics and incredible flying maneuvers. \$119

October 18 & 19 – Autumn Amtrak – Wait list.

October 26 – Chrysanthemums in Bloom – Wait list.

October 31- November 7 – Branson and Beyond – This is not your usual Branson trip. We’ll fly to Little Rock, Ark, tour the city and visit the Clinton Presidential Library. We’ll visit Hot Springs, Ark. and explore Eureka Springs, Ark., known as “Little Switzerland.” Then to Branson, MO, where we’ll see a diverse selection of entertainment. If you’ve never been to Branson, you’ll be surprised and delighted. \$2330 pp dbl., add \$395 ss.

November 29 – A Christmas Carol – Located in the historic Columbia State Park, the highly acclaimed Sierra Repertory’s Fallon House presents a fresh adaptation of the Dickens holiday classic, A Christmas Carol. Lunch is included in the City Hotel located in the park. \$91

December 7 – Shopping at the Roseville Galleria – Enjoy shopping for the holidays. Lunch on your own in one of the many restaurants in the Galleria. \$25



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

July 2006

Davis Senior Center Activities

Transportation Services 757-4408
Senior Center Office 757-5696

Monday	Tuesday	Wednesday	Thursday	Friday
3 8:30am Yoga 9:00am Homeowners & Renters Asst* 8:30am Veteran Services 9:00am Oil/Acrylic Painting 12:30pm Duplicate Bridge 1:00pm Scrabble/Cont. Bridge 3:00pm Tap Dance 6:30pm Social Bridge 7:00pm Square Dancing	4 Independence Day Senior Center Closed	5 9:00am Peer Counseling Grp 10:00am AARP Bd Mtg. 1:00pm Hem & Haw 1:00pm Poker 7:00pm Ballroom Dance* 8:00pm East Coast Swing*	6 8:30am Yoga 9:30am Bridge Class 9:30am Memoirs 12:30pm Bingo 12:30pm Homeowners & Renters Asst* 1:00pm HICAP* 1:00pm Bridge Class	7 9:00am Laughing Club 9:30am Watercolor Painting 9:30am Memoirs 12:15pm Video Movie 1:00pm Nostalgics 2:00pm Current Events
10 8:30am Yoga 9:00am Homeowners & Renters Asst* 8:30am Veteran Services 9:00am Oil/Acrylic Painting 12:30pm Duplicate Bridge 1:00pm Scrabble/Cont. Bridge 2:00pm Legal Asst.* 3:00pm Tap Dance 6:30pm Social Bridge 7:00pm Internet Users Group 7:00pm Square Dancing	11 9:00am Ceramics 9:00am Tai Chi 1:00pm Bridge/Pinochle 6:30pm Mac Users Grp 7:00pm Davis Dynamos	12 11:30am AARP Mtg/Potluck 1:00pm Hem & Haw 1:00pm Poker 2:00pm Peripheral Neuropathy 7:00pm Ballroom Dance* 8:00pm East Coast Swing*	13 8:30am Yoga 9:00am One Stroke Painting* 9:30am Bridge Class 9:30am Memoirs 11:00am Blood Pressure Check 12:30pm Bingo 12:30pm Homeowners & Renters Asst* 1:00pm Bridge Class 2:30pm Sr. Commission Mtg.	14 9:00am Laughing Club 9:30am Watercolor Painting 9:30am Memoirs 12:15pm Video Movie 1:00pm Nostalgics 2:15pm Jam Session & Dance
17 8:30am Yoga 8:30am Veteran Services 9:00am Homeowners & Renters Asst* 12:30pm Duplicate Bridge 1:00pm Scrabble/Cont. Bridge 6:30pm Social Bridge 7:00pm Square Dancing	18 9:00am Tai Chi 9:30am Book Review 10:15am Feldenkrais 1:00pm Bridge/Pinochle	19 10:00am Alzheimer's Sup Grp 11:00am Food Distribution 1:00pm Hem & Haw 1:00pm Poker	20 8:30am Yoga 9:00am HICAP* 9:00am One Stroke Painting* 9:30am Memoirs 9:30am Bridge Class (VMC) 12:30pm Homeowners & Renters Asst* 1:00pm Bridge Class 1:30pm Red Hatters – Bunco*	21 9:00am Laughing Club 9:30am Memoirs 12:15pm Video Movie 1:00pm Nostalgics 2:00pm Current Events 22 Saturday, 12:00 Bingo
24 8:30am Yoga 8:30am Veteran Services 9:00am Homeowners & Renters Asst* 9:00am Oil/Acrylic Painting 12:30pm Duplicate Bridge 1:00pm Scrabble/Cont. Bridge 3:00pm Tap Dancing 6:30pm Social Bridge 7:00pm Square Dancing	25 9:00am Ceramics 9:00am Tai Chi 9:00am SCD Bd Mtg 10:15am Feldenkrais 1:00pm Bridge/Pinochle 1:30pm Meals Made Easy*	26 9:00am Social Security Rep 10:00am Men's Social Grp. 12:30pm 55 Alive* 1:00pm Hem & Haw 1:00pm Poker 7:00pm Ballroom Dance* 8:00pm Salsa Dance*	27 8:30am Yoga 9:00am DMV Rep 9:30am Memoirs 9:30am Bridge Class 12:30pm Bingo 12:30pm Homeowners & Renters Asst* 12:30pm 55 Alive* 1:00pm Bridge Class 1:30pm Breathers Sup Grp	28 9:00am Laughing Club 9:30am Watercolor Painting 9:30am Memoirs 12:15pm Video Movie 1:00pm Nostalgics 1:00pm Origami Wrkshp* 2:15pm Jam Session & Dance

July 2006

Elderly Nutrition Program of Yolo County People Resources, Inc.

Transportation Services 757-4408
Senior Center Office 757-5696

Monday	Tuesday	Wednesday	Thursday	Friday
3 Apricot Nectar Patriotic Potato Salad Hot Diggity Dog (contains Beef & Pork) Cob-less Corn Star Spangled Melon	4 4th of July Senior Center Closed	5 Creole Shrimp w/peppers, carrots, onions & mushrooms served over Rice Zucchini Wheat Roll Fresh Orange	6 Turkey and Cheese Sandwich w/Lettuce, Mayonnaise, Mustard on Rye Bread Three Bean Salad Ambrosia	7 <u>Good Source of Magnesium</u> Swedish Meatballs w/Brown Dill Gravy Mashed Potatoes Swiss Chard French Roll Pears
10 Marinated Herb Chicken Penne Pasta & Chive Potatoes Mixed Vegetables Whole Wheat Bread Tropical Fruit	11 Confetti Coleslaw Western Sandwich BBQ Beef on Roll Ranch Style Beans Butterscotch Pudding	12 <u>AARP Potluck</u> Stuffed Potato Topped with Chicken, Bacon & Cheese Broccoli French Roll Banana	13 Baked Ham w/Glaze Sweet Potatoes a la Orange Brussel Sprouts Cinnamon Raisin Bread Fresh Fruit Cup	14 Juice Tuna Salad on Bed of Lettuce w/Tomato Wedge and Olives Seven Grain Roll Baked Dessert
17 Pepper Steak Scalloped Potatoes Steamed Carrots Whole Wheat Bread Chocolate Pudding	18 Port Fritter w/Sweet & Sour Sauce Brown Rice Blend Bahama Blend Fortune Cookies Fresh Fruit	19 Fruit Juice Seafood Salad w/lettuce, tomato, egg and carrots Lemon Wedge Oyster Crackers Baked Dessert	20 <u>Moon Day</u> Meatloaf with Gravy Creamy New Potatoes Spinach Honey Wheat Roll Quarter Moon Cantaloupe Wedge	21 Tossed Green Salad Honey Lime Chicken Confetti Pasta French Roll Applesauce
24 <u>Fiber Rich Meal</u> Fruit Juice Fiesta Casserole Mexicali Vegetable Blend Tortilla Apricots	25 Summer Turkey Citrus Salad Turkey Breast, Orange Segments, Red Onion, Cucumber w/Tangy Citrus Dressing Hawaiian Roll Fruited Sugar Free Gelatin	26 <u>Happy Birthday!!</u> Fruit Juice Oven-Fried Chicken Macaroni Salad Peas & Carrots Biscuit Happy Birthday Cake	27 Spinach Salad Roast Beef w/AuJus Whipped Potatoes Whole Wheat Roll Peaches	28 Lemon Pepper Fish w/Tarter Sauce Baked Orzo Stewed Tomatoes Whole Wheat Bread Tapioca Pudding

\$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