

Davis
Davis Senior Center
646 A Street, Davis CA 95616

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Senior Scene



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Travelaires: (530) 753-4159
January 2007
www.cityofdavis.org/pcs/seniors/

SPECIAL FUNDRAISING TRIP!

Each year, Davis Travelaires sponsors a special fundraising trip to benefit the Senior Center, and this year is no exception!

On **Wednesday, February**

21, we will be boarding the Amtrak **Snow Train** bound for Reno and will delight in the view of the snow-crested mountain peaks all along the way. Upon our arrival in Reno, we will be met by an All West Coach which will transport our group to the wonderful Silver Legacy Hotel, where we will enjoy an overnight stay. The next day, we'll enjoy a complimentary breakfast buffet and then take off for a four-hour visit to the Nugget Hotel in Sparks before returning home to Davis. The cost for this fabulous excursion is only \$150pp dbl, or add \$25 ss.

This year's proceeds from the trip will assist the center's fundraising efforts to expand a new Safe At Home Program into Yolo County. The Safe At Home program would be offered through the



Sacramento-based non-profit organization called Rebuilding Together, and is an injury prevention program for low-income homeowners, particularly those who are elderly, disabled and families with children. The purpose of the program is to assist the client's ability to live more independently in the comfort and safety of their own home, as well as to decrease the number of home-related falls and injuries. The program will include in-home safety assessments by trained volunteers, minor and major home modifications.

If you are unable to attend the trip, but still would like to donate to the Safe At Home program, donations will be accepted through Davis Travelaires or the Senior Center main registration offices. For more information, please contact Christine Helweg at 757-5696.

The Senior Center and the Elderly Nutrition program will be **closed on Monday, January 1** due to the New Year's Holiday, and **Monday, January 15** for the Martin Luther King, Jr. Holiday.

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

SENIOR CENTER STAFF
Kay Jeffery, Travelaires Executive Director
Leslie Nelson, Nutrition Site Manager

Brianna Diaz, Asst. Program Coordinator
Mae Denman, Asst. Program Coordinator
Tracy Chinn, Asst. Program Coordinator

SENIOR CITIZENS OF DAVIS

Promoting Independent, Healthy Lifestyles

SCD POTLUCK . . .

With start of the new year, thus we begin our new meeting format! On **Tuesday, January 2** beginning at **11:00 a.m.**, our required business meeting will be first on the agenda. As always the social hour, including our customary chips & dips will begin at approximately 11:30 a.m. This month's program will include a membership vote on the proposed revisions to the SCD Bylaws, as well as the unveiling of the highly anticipated 2007 "Senior of the Year" award. A hearty congratulation also goes out to our new incoming 2007 SCD Board of Directors:

President - Wes Penney
First Vice President - Liz Fisher
Co-Second Vice Presidents- Bobbie Downing
Elisabeth Bogren
Secretary - Carolyn Simmons
Co-Treasurers - Don & Carol Harting

Members and guests are asked to bring your own utensils and a dish to serve about 6-8 people, based on the following schedule - **A-G salads, H-N main dishes, and O-Z desserts**. Those attending who are unable to bring a dish, may pay \$5.00 per person instead.

The schedule for next month's potluck on **February 6** will be last names beginning **A-G dessert, H-N salad, and O-Z main dishes**.

SUNSHINE LADY

Sunshine Lady Louise DeMasi reports that for the last half of November and first half of December cards were sent to the following:

Get well cards to Marian Hymel, Frank Kynoch and Beverly Payne.

Thinking of You cards to Lynn Marie Crandall, Bill Griggs, Mercedes McElwain, Bill Carter, Charlie Russell, Gene Feldman and Jack Johnson.

Sympathy card to family of Walter Woodard, family of Marjorie Becket and family of Fay Rosenberg.

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 NOVEMBER - DECEMBER

Please join us in welcoming the following new SCD members: Doe Johnston, Paul Brady & Katie Flaherty, Judith Rosenman, Feng-Hua Guo Baozhao, John & Phyllis Burnham, Abe & Kathy Bakst, Mack & Elena Cody, Barbara McCalla, Janna Cannon, and Claire King.

GENEROUS GIVING

The Senior Center would like to send a special thank you to all the members of the Genealogy Club, the Memoirs Writing classes and the Watercolor Painting class for their holiday donations this past month! We truly appreciate your continued support and look forward to many more years together.

The staff would also like to thank all of those who sent us cards, holiday "goodies", etc. We appreciate your kindness and appreciate having the opportunity to be a part of your special holiday celebrations.

THE GIFT OF GIVING

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



Davis Genealogy Club	\$300
Duplicate Bridge – Monday	\$ 46
Hem & Haw (SCD)	\$317
Information & Assistance	\$ 73
Mac Users Group	\$ 64
Medical Equipment Donations	\$243
Memoirs (Thursday class)	\$172
Memoirs (Friday class)	\$190
Miscellaneous	\$ 88
Nostalgics	\$ 19
Pehlke Memorial Fund	\$1,200
Tap Dancers	\$ 15
Tuesday Pinochle	\$ 9
Watercolor Painting Group	\$150
Total	\$2,974

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

CLUBS & SPECIAL INTERESTS

AARP POTLUCK

AARP's next meeting will be held **Wednesday, January 10**, starting at **11:30 a.m.** Our program will feature Bud Wolf reading Western Poems he has written and Sid Lucero singing western songs.

Members should bring a guest and their own table service, food to share or a \$5:00 donation. Members with last names beginning **A-G hot dish, H-P salad and Q-Z dessert.** Any questions call 753-0266.

BOOK REVIEW & SENIOR CENTER READS

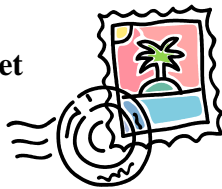
Mark **9:30 a.m., Tuesday, January 16**, in your new 2007 calendars because Stan Forbes, owner of the Avid Reader bookstore in Sacramento, will provide the latest scoop on new books and bestsellers. Then at **10:30 a.m.**, there will be a discussion on the January Senior Center Reads selection "*Over The Edge Of The World*," which is on sale in the main office for only \$12 while supplies last.

CURRENT EVENTS DISCUSSION GROUP

The discussion group will meet on **Friday, January 5 & 19 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 meet **Tuesday, January 2, 7:00 to 8:00 p.m.** For more information, call Anne Hance at 753-7265.



GENEALOGY CLUB & LIBRARY

The Davis Genealogy Club library is open on **Wednesday and Friday from 1:00 to 4:00 p.m.** and on Mondays by appointment. Library volunteers are available during these hours to help with questions.

Club meetings are held the last Monday of every month at 1:00 p.m. Our program on **January 29** will be Elizabeth Campbell speaking on "How I Found My Birth Mother." Ms. Campbell is a former teacher and administrator at the Lawrence Livermore National Laboratory and the author of *Castle Hopping in the U. K. with Elizabeth*. In

1999, Mrs. Campbell began searching for information on her birth parents. She found her mother living in North Carolina as well as several other relatives and information on her deceased father. Please join us to hear her tell about this interesting journey.

To learn more about the club you can visit our website at www.davisgenealogy.org Guests are welcome at our club meetings and the library is open to the public. For more information, call Lisa Henderson at 753-8943.

INTERNET USERS GROUP

The group will meet from **7:00-8:30 p.m.** on **Monday, January 8**. The topic will be Q&A – Miscellaneous Questions and Answers pertaining to the Internet and the computers used to access it.

People generally get their questions answered and along the way they learn things they did not expect to learn about! Questions can be sent ahead of time to lois@gotouring.com and rahance@dcn.org Lois and Anne will then be able to research answers for any tricky or complex questions. For more information, call Anne Hance at 753-7265, Carol Harting at 756-4654 or Lois Richter at 758-5058.

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, January 9**. For more information, call Michael Beaucage at 758-7639.

MEN'S GROUP

The Men's Group will meet on **Wednesday, January 24 at 10:00 a.m.** Dave Anderson of the Sacramento Railroad Museum will return with pictures and comments about the building of the railroad from the Sierras to Promontory Point, Utah where the Southern Pacific met the Union Pacific. His presentation in November was thoroughly interesting. Don't miss this addition. All gentlemen are invited to join us. There will be donuts and coffee awaiting your arrival.

SENIOR CITIZENS COMMISSION

The next regular meeting will be held on **Thursday, January 11 at 2:30 p.m.** The public is encouraged & welcome to attend.

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!



Thursday, 1/4 “Trivia Day” Enjoy lemon herb baked fish, jazzy rice, brussels sprouts, whole grain roll and tapioca pudding.

Friday, 1/23 “National Pie Day” Enjoy fruit juice, cream of broccoli soup, turkey & cheese sandwich, and baked dessert.

Wednesday, 1/31 “Happy Birthday” Celebrate with glazed pork a la Orange, cornbread stuffing, minty carrots, and of course, bday 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*

HEALTH

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.**

INFORMATION & ASSISTANCE

DMV SERVICES

A representative from the Department of Motor Vehicles will be on site at the senior center on **Thursday, January 18 at 9:00 a.m.** She 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. Please arrive early as it is a first come, first served basis.

SOCIAL SECURITY SERVICES

A representative from the West Sacramento Social Security office will be at the Senior Center on **Wednesday, January 24 at 9:00 a.m.** to assist you with any questions or problems related to Social Security. Clients are seen on a first come, first served basis.

AFFORDABLE HOUSING

Eleanor Roosevelt Circle, the new senior housing cooperative, is still accepting applications. Applications are available at the Davis Senior Center or online at www.community.coop/davis. Applicants must be at least 62 years old with a maximum income of \$59,400 for a two-person household or \$51,960 for a one-person household. All apartments are one bedroom. For more information, call (916) 561-0326.

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, January 17 at 10:00 a.m.

Breathers Support – Thursday, January 25 at 1:30 p.m.

Diabetes Support – No meeting in January.

Men's Group – Wednesday, January 24 at 10:00 a.m.

Parkinson's Support – Tuesday, January 23 at 1:30 p.m.

Vision Support – On Wednesday, January 10 at 10:30 a.m., we welcome Alan Frank and Regina Brink from the Society for the Blind to talk about in-home service and volunteers to help the visually impaired.

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.
- **ELDER ID PROGRAM** - This program is aimed at identifying “wanderers” so they can be quickly returned to loved ones. Photo and information are kept by law enforcement.
- **FAMILY CAREGIVER SUPPORT PROGRAM** – 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.
- **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.
- **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. The students have been on break this summer, but they’ll accept shopping lists beginning the last week in September for delivery the first week in October. For more information, call Lisa at 757-5696.
- **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.

SPECIALTY 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, call 757-5696, or refer to the City's Winter/Spring 2007 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.)	Jan. 12 & 26 No fee
Dynabands (MWF, 2-3:00 p.m.)	January & February \$12/res & non-res
Feldenkrais (T, 10:15-11:15 a.m.)	Jan. 2 -30 \$14/res/\$20/\$26 non-res
(T, 11:30 a.m.-12:30 p.m.)	\$14/res/\$20/\$26 non-res
Fitness for Life (MWF, 7:30-8:30 a.m.)	Jan. 3 -31 \$25 res/\$31/\$37 non-res
Nostalgics Singing (F, 1-2:00 p.m.)	Ongoing – Join anytime! No fee
One-Stroke Painting (Th, 9-11:30 a.m.)	Jan. 11 & 18 \$8 res/\$14/\$20 non-res*
*plus material fee payable to instructor	
Slow & Easy (T,Th, 1:30-2:30 p.m.)	Jan. 2 - 30 \$11/res/\$17/\$23/non-res
Tai Chi/Chi Gung (T, 9-10 a.m.)	Jan. 2 - 30 \$13 res/\$19/\$25 non-res
Tap Dancing (M, 3:00-4:30 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.)	Jan. 4 – Feb. 1 \$48 res/\$54/\$60 non-res
Yoga – Chair Intro (MTh, 10:30-11:30 am)	Jan. 4 – Feb. 1 \$32 res/\$38/\$44 non-res



GALLERY GLASS

Who doesn't like the look of traditional stained glass windows? To a beginner, it can seem quite intimidating to create a look on your own. In this new class offered by instructor Sandy Gray-Fitzpatrick, students will be guided through the many tips & techniques to create wonderful art creations for a fraction of the cost! Instruction includes the basics of leading projects, applying color, blending, and much more!

Classes will be held on the 2nd & 3rd

Tuesday afternoons of each month from 1:00 – 3:00 p.m. For January, Sandra will be demonstrating how to paint a plate with flowers on

Tuesday, **January 9**, and a butterfly on **January 16**. Cost for the class is \$5.00 per person with a \$10 materials fee payable to the instructor on the first day of class. There is a discount for multiple classes as follows - 2 classes for \$8, 4 classes for \$15, and 6 classes for \$20. Advanced registration is required. Information on future classes is available at the main Senior Center office.



TREE PRUNING WORKSHOP

Do you have some trees that need pruning, but you're not quite sure how to make the proper cuts? Well, this 3-hour workshop will demonstrate the proper pruning techniques for structure and form through slides, demonstrations on example trees, and hands-on practice. The class is team taught by the TREE Davis Executive Director and a certified Arborist. Class discussions will also include why we need to prune young & old trees, how to make good cuts, grafting, and proper staking. The cost for the workshop is only \$16 per person, and will be held on either **Saturday, January 6 or 20 from 9:00 a.m. to 12:00 noon**. Advance registration is required.

ONE-STROKE PAINTING

Instructor Sandra Gray-Fitzpatrick will be demonstrating how to paint wisteria & vines on **Thursday morning, January 11** and tulips on **January 18, 9:00 to 11:30 a.m.** The fee for each class is \$5.00, or there are multiple class discounts as follows - 2 classes for \$8, 4 classes for \$15, and 6 classes for \$20. There are additional fees for materials and non-residents. For more information, please contact the Senior Center office. Advance registration is required.



BALLROOM & SALSA DANCE

The next session of ballroom dancing will begin on **Wednesday, January 10 through February 7 from 7:00-8:00 p.m.** here at the senior center. You'll learn the traditional steps to the waltz, fox trot, cha cha, rumba, tango and swing.

Immediately following from **8:00-9:00 p.m.**, our Salsa dance class will introduce you to the basic movements and patterns of caliente, club salsa. Classes are offered to both couples and singles alike! The cost is \$33 per person for each class, and advanced registration is required.

OIL & ACRYLICS

Make a New Year's Resolution to start every Monday morning doing something creative! The oil & acrylics group needs you to join them. Some Mondays we have a program; mostly we help each other produce the best work possible.

Put us on your calendar for 2007, Monday mornings at 9:00 a.m.!

WATERCOLOR PAINTING

Betty Berteaux has been chosen to receive the C.A. Covell Davis Citizen of the Year award for her involvement in the community. Along with her other volunteer roles, she has been part of a group of art instructors at the senior center since 1985. Betty points out that Virginia Jentoft, Ellen Coppock, Jane Samuel and Mildred Franklin and others sparked the original group. Mildred continues to guide the Friday morning class for two months each year.



To show our appreciation for current teacher volunteers, gifts of art portfolio cases were given to Carol Bernard, Matt Connors, Chris Shackel, Barbara Zane, Gloria Bonekat, Mildred Franklin and Betty at the Christmas party.

Carol Bernard will instruct the group on Friday mornings in January. Ruth Eisele, Winifred Waggoner and Mary Anne Kirch have their paintings on display at the Center.

A MAT-CUTTING DEMONSTRATION and instruction takes place on **Friday, January 5 at 1:00 p.m.** at the center. Anyone wishing to learn to cut their own mats for framing are invited to join the group. She will use her Logan Cutter but others will also be available for use.

TAIKO DRUMMING

Have you ever been tempted to learn the basics of traditional taiko drumming? This class is a great form of exercise, while also learning about the history & traditions of Japanese Taiko. Sessions are offered on **Tuesdays or Saturdays, beginning on January 2 or 6, from 2:30-3:30 pm and 10:00-11:00 a.m.** For more information or to register for these classes, check with the senior center office.

BRIDGE LESSONS

Heart Series #3 - This class is the third of the ACBL instructional series, and is designed for intermediate beginner players who have completed the Club & Diamond Series or their equivalent. The primary emphasis of this class is the "Defense." This class is not recommended for players who have received no formal instruction on the game. This session will be offered on **Thursdays, beginning February 1 through March 22 from 9:30-11:30 a.m.**

1 Star Conventions #6 - This class is designed for advanced level students who have completed the Club, Diamond, Heart, Spade and Modern Conventions Series or their equivalent. This class is designed for players who have received formal instruction on the game, and have been actively playing the game for some time. First time students should not register for this class without prior consent from the instructor. This sessions will be offered on **Thursdays, beginning February 1 through March 22 from 1:00-3:00 p.m.**

Advance registration is required for both sessions of bridge lessons. The cost is \$32 per person, per class.

SPECIAL ACTIVITIES & EVENTS**VIEW FROM A MYANMAR ORPHANGE**

Max Harrington, a recent graduate of UC San Diego, will speak at the senior center about his recent travels to the country of Myanmar (Burma) on **Tuesday, January 9 at 1:00 p.m.** Harrington, a Davis High School graduate, has worked and lived in Myanmar for the past 6 months.

The country has been ruled by a military junta since 1962 and is subject to US and EU sanctions. Sandwiched between powerhouses India and China, the small but beautiful and poor country is rapidly losing its workforce to neighboring Thailand. Left behind in the exodus are the country's children, many of whom grow up in broken households too poor to send them to school. Struggling to fill the void is a growing number of orphanages, which provide education when a child's family or community cannot. Hear about the work of a Davis local in one such orphanage, and what can be done to help.

DANCE IN THE AFTERNOON

The new year is a good time to get back on the dance floor! Dance partners will be provided for the **Friday, January 12** dance featuring Music from the Back Room. Our senior center musicians will provide the music beginning at **2:15 p.m.**, and volunteers from UCD's Regent Scholars Program will provide both male and female dance partners. They have promised to bring refreshments and a willingness to learn some new dance steps.

CALIFORNIA POLITICS LECTURE

Join us for the kickoff lecture for the winter term of OLLI on **Tuesday, January 16 at 2:30 p.m.** Ed Costantini, chair of the political science department at UC Davis, will speak on "California Politics in Perspective" at the Davis Senior Center. His presentation is open to the public.

OLLI, the Osher Lifelong Learning Institute at UC Davis --formerly known as Senior Learning Unlimited-- welcomes Costantini, who brings his academic expertise and half century of political campaign experience to examine how California politics have been carried onto the national stage. Known as Davis' own James Carville, Costantini's lively and engaging style has made him a favorite speaker and he especially enjoys speaking to an audience who remembers "when."

LAUGH OUT LOUD!

The Hysterical Society of Davis Laughter Club cordially invites you for laughter exercises **Monday mornings at 10:00 a.m. beginning January 22.** The first meeting will be centered on a theme titled "Dog Gone Good Laughter." Do you remember the song by Patti Page, "How Much Is That Doggie in the Window?" Come see how we sing it in Laughter Club. Learn how to do the simple but fun laughter exercise called Walking The Dog Laughter.

The Laughter Club welcomes a new leader this month, Deb Roquet Certified Laughter leader / AATH member - Association for Applied and Therapeutic Humor. It's free and everyone is welcome. For more information, contact Deb at 530-400-9310 or e-mail droquet@sbcglobal.net

Laughter club is a place where people come together to laugh their stress away. The meeting includes breathing; gentle stretching, and various laughter actions. (Can be done as chair exercises)



Jokes and comedy are not needed, only the joy of laughing. Research shows that Laughter strengthens the immune system, improves breathing, arterial blood flow, aids digestion, and sleep. Laughter adjusts blood pressure and blood sugars, relaxes muscles and reduces pain. Most important it helps folks get along together better.

The group support lifts the members' spirits. The atmosphere is relaxed and upbeat. The club session usually lasts about 30 – 40 minutes. Come and join us for a weekly dose of laughter for health, peace and the joy of living. There is no cost to attend Laughter Club and everyone is welcome.

MEALS MADE EASY!

Come join Cathy Cassevah from Home Instead on **Tuesday, January 23 at 1:30 p.m.** where she will present the first of a two-part series on how to make your very own candy, right in time for Valentine's Day. Please call to reserve your spot by calling 757-5696.

JEWELRY SALE

The Jewelry Sale is on **Wednesday, January 24, 9:00 a.m. – 1:00 p.m.** Bring down all that jewelry you haven't worn in years. Even the junky stuff seems to sell, so clean out your jewelry box and the top drawer, and we'll turn your diamonds (or rhinestones) into cash. All proceeds from the jewelry sale go to support general programs and services here at the Senior Center.

**ARM CHAIR TRAVEL**

Are you a world traveler or you wish you were? Here's your chance! Join Rick Powers, Head Coach of the Davis Aquatic Masters, **Thursday, January 25 at 1:00 p.m.** as he takes us around the world right from our seat. He will have pictures from his travels on display and will take us in depth to the beautiful countries of Guatemala, Egypt and Jordan. Please call 757-5696 if you're coming.

LIKE TO TRAVEL?

Do you smile every time you recall your travels across the country or overseas? Why not share your lovely memories and first-hand knowledge about some of your favorite places visited with other travelers and travelers-in-the-making. For more information on how to share your travel adventures, please contact Brianna at the Senior Center by calling 757-5696.

LITERARY LOCALS

Eldridge Moores and Judy Moores, longtime residents of Davis, will present a program of selected readings and stories about their book, Bedrock: Writing on the Wonders of Geology, on **Friday, January 26, from 10:30 - 11:30 a.m.** at the center. There will also be time for questions about the book and geology in general. First author of the book is Lauret Savoy.



Bedrock was named one of "Five Best Science Reads" by the Wall Street Journal on August 7, 2006. Lauret Savoy is Professor of Geology and Environmental Studies at Mount Holyoke College.* Eldridge is Distinguished Professor Emeritus of Geology at the UC Davis.* Judy, a local activist, was awarded the Covell Award (Davis "Citizen of the Year") in 1999 for her outstanding career of volunteer work.

LOW VISION MEETING

University Retirement Community will host Dr. Susanna Park, MD, PhD, Associate Professor of Ophthalmology at UC Davis Medical Center on **Wednesday, January 31, 10:30 a.m.** in the UCD auditorium. Her presentation will be "New Developments in Treatment of Age-Related Macular Degeneration." The public is invited.

MISCELLANEOUS**CALL TO COLLECTORS**

Do you collect certain trinkets, or have made your own collection of goods, be it sock monkeys, wood turnings, or Japanese dolls? Why not share your collection in the Senior Center's own display case? For further information on displaying your collection, please contact Brianna at the Senior Center by calling 757-5696.

IT'S RENEWAL TIME!

This month is the last month for existing members to renew their annual SCD membership & newsletter subscription to avoid any interruption in service for 2007! Membership forms are located at each lobby entrance to the Senior Center, or by going online at www.cityofdavis.org/pcs/seniors

DAVIS COMMUNITY TRANSIT

Happy New Year! We wish everyone a healthy and happy beginning to 2007. As you all know DCT continues to grow with each passing year. Last year we provided 16,166 rides and drove 63,270 miles! We would like to welcome Ryland Hanson to the DCT team. Ryland came to us from Unitrans and is a welcome addition! We would also like to congratulate Angie as she graduated from UCD last month. We look forward to another year providing service to all of our customers.

VIDEO MOVIES

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

January 5 – Superman Returns – The newest film takes you back to the beginning.

January 12 – The Da Vinci Code - The best-selling novel on the big screen, starring Tom Hanks.

January 19 – An Inconvenient Truth – Al Gore's message of environmental crisis.

January 26 – Charade – Cary Grant and Audrey Hepburn.

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 EYEGASSES 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.

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.

January 24, 2007 – Jersey Boys – wait list.

February 5-12 – River Barge Excursion, The Route of Jean Lafitte – Our third trip aboard the River Explorer promises to be the best yet. Cruise the Gulf Intracoastal Waterway along the Texas Coast and the Aransas National Wildlife Refuge. Visit Matamoros, Mex., Port Isabel, San Antonio, Corpus Christi, Galveston, Houston (including NASA's Johnson Space Center). A very casual cruise with all meals and evening entertainment. Includes all shore excursions, air fare and gratuities. \$2880 & \$2755 pp dbl. \$3380 & 3195 single.

February 21 & 22 – Snow Train – Board the Amtrak train for Reno for an overnight stay at Silver Legacy. Breakfast buffet, \$8 cash, \$2 food. Next day a four-hour stop at Nugget in Sparks is included. All proceeds benefit the Davis Senior Center's fundraising efforts to expand a new Safe at Home Program into Yolo County. \$150 pp dbl, add \$25 ss.



March 13-14 – The Twelve Irish Tenors – Crowds go wild for the Tenors performing some of the greatest music of the 20th Century including Opera, Pop, Swing, Jazz and Irish songs. Dinner and breakfast buffets, overnight accommodations at Silver Legacy, 3-hour stop at Nugget Sparks with \$5 cash bonus. \$140 pp dbl., add \$25 ss.

April 12 – Delta Eco Cruise – Explore the enchanting and diverse environment of the California Delta aboard the Delta Queen II with Captain Jeff. Lunch at the Point Waterfront Restaurant. \$115.

April 17-24 – Tucson, A Treasure Trove - Walk on the new Grand Canyon Overlook, tour Pima Air & Space Museum by tram, Arizona-Sonora Desert Museum, Mission San Xavier Del Bac, tram ride through Sabino Canyon, Kitt Peak National Observatory (the best star gazing in U.S.), Old West town of Bisbee, Kartchner Caverns and much more. (P.S. four night stay in one hotel). \$1275 pp dbl., add \$317 ss.

July 6-18 – Western Wonders of the US and Canada – Our customized tour takes us by motorcoach through Idaho, Montana, Saskatchewan, the Dakotas, Nebraska and flying home from Denver. Not only will we see famous sites and majestic beauty but included will be the very unusual. The only way to appreciate this unique trip is to pick up a flyer at the Travelaires office.

September 8-12 – Dead Sea Scrolls & San Diego

Sights – The Scrolls are widely acknowledged to be among the greatest archaeological treasures ever discovered. We have an exclusive program



at the Natural History Museum including a catered lunch on the Museum's rooftop. Also included are a Sunday brunch on Harbor Island, tour of USS Midway or Seaport Village, Point Loma and dinner in Old Town San Diego. Will experience San Diego by land and sea on the amphibious Seals. In Pacific Palisades will visit the Will Rogers Ranch. \$895 pp dbl., add \$250 ss.

INVITATION

Presentation by All West Coachlines representative of "Western Wonders" and other upcoming trips.

January 23
 1:00 p.m.
 Davis Senior Center
 Refreshments

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

January 2007

Davis Senior Center Activities

Transportation Services 757-4408
Senior Center Office 757-5696

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p style="text-align: center;">Happy New Year Senior Center & Elderly Nutrition Program Closed</p>	<p>2 9:00am Ceramics 9:00am Tai Chi 11:30am SCD Mtg/Potluck 1:00pm Bridge/Pinochle 7:00pm Stamp Club 7:00pm Davis Dynamos</p> <p style="text-align: center;">Taiko Drumming *</p>	<p>3 10:00am AARP Bd Mtg. 1:00pm Hem & Haw 1:00pm Poker</p>	<p>4 9:30am Memoirs 12:30pm Bingo 1:30pm HICAP*</p>	<p>5 9:30am Memoirs 9:30am Watercolor Painting 12:15pm Video Movie 1:00pm Nostalitics 2:00pm Current Events</p> <p>6 Sat, Tree Pruning Wkshop* Taiko Drumming*</p>
<p>8 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 Dancing 6:30pm Social Bridge 7:00pm Internet Users Group</p>	<p>9 9:00am Ceramics 9:00am Tai Chi 10:15 & 11:30am Feldenkrais 1:00pm Bridge/Pinochle 1:00pm Gallery Glass* 1:00pm Myanmar Orphanage Talk by Max Harrington 6:30pm Mac Users Grp</p>	<p>10 10:30am Vision Sup Grp 11:30am AARP Mtg/Potluck 1:00pm Hem & Haw 1:00pm Poker 7:00pm Ballroom Dance* 8:00pm Salsa Dance*</p>	<p>11 9:00am One Stroke Painting* 9:30am Memoirs 11:00am Blood Pressure Check 12:30pm Bingo 2:30pm Sr Commission</p>	<p>12 9:30am Watercolor Painting 9:30am Memoirs 12:15pm Video Movie 1:00pm Nostalitics 2:15pm Jam Session & Dance</p>
<p>15</p> <p style="text-align: center;">Martin Luther King, Jr. Holiday Senior Center Closed</p>	<p>16 9:00am Ceramics 9:00am Tai Chi 9:30am Book Review 10:15& 11:30am Feldenkrais 10:30am Sr Center Reads 1:00pm Bridge/Pinochle 1:00pm Gallery Glass* 2:30pm CA Politics lecture</p>	<p>17 10:00am Alzheimer's Sup 11:00am Food Distribution 1:00pm Hem & Haw 1:00pm Poker 7:00pm Ballroom Dance* 8:00pm Salsa Dance*</p>	<p>18 9:00am HICAP* 9:00am DMV Services 9:00am One Stroke Painting* 9:30am Memoirs 12:30pm Bingo 2:30pm Sr. Commission Mtg.</p>	<p>19 9:30am Watercolor Painting 9:30am Memoirs 12:15pm Video Movie 1:00pm Nostalitics 2:00pm Current Events</p> <p>20 Sat, Tree Pruning Wkshop* 12:00 SCD Bingo</p>
<p>22 8:30am Veteran Services 9:00am Oil/Acrylic Painting 10:00am Laugh Out Loud 12:30pm Duplicate Bridge 1:00pm Scrabble/Cont. Bridge 3:00pm Tap Dancing 6:30pm Social Bridge</p>	<p>23 9:00am Ceramics 9:00am Tai Chi 10:15& 11:30am Feldenkrais 1:00pm Bridge/Pinochle 1:30pm Meals Made Easy* 1:30pm Parkinson's Sup Grp</p>	<p>24 9:00 Jewelry Sale 9:00am Social Security Rep 10:00am Men's Group 1:00pm Hem & Haw 1:00pm Poker 7:00pm Ballroom Dance* 8:00pm Salsa Dance*</p>	<p>25 9:30am Memoirs 12:30pm Bingo 1:00pm Armchair Travel* 1:30pm Breathers Sup Grp</p>	<p>26 9:30am Memoirs 10:30am Literary Locals- Eldridge & Judy Moores 12:15pm Video Movie 1:00pm Nostalitics 2:15pm Jam Session & Dance</p>
<p>29 8:30am Veteran Services 9:00am Oil/Acrylic Painting 10:00am Laugh Out Loud 12:30pm Duplicate Bridge 1:00pm Scrabble/Cont. Bridge 1:00pm Genealogy Club Mtg 3:00pm Tap Dancing 6:30pm Social Bridge</p>	<p>30 9:00am Ceramics 9:00am Tai Chi 9:00am SCD Bd Mtg 10:15 & 11:30am Feldenkrais 1:00pm Bridge/Pinochle</p>	<p>31 1:00pm Hem & Haw 1:00pm Poker 7:00pm Ballroom Dance* 8:00pm Salsa Dance*</p>		

January 2007

Menu subject to change

Elderly Nutrition Program of Yolo County People Resources, Inc.

Monday	Tuesday	Wednesday	Thursday	Friday
1 Happy New Year Holiday	2 SCD Potluck No ENP meal today MOW Delivery Only	3 Potato Enchilada Casserole Mexicali Beans Corn w/mild Chiles Fruit Cocktail	4 Trivia Day Lemon Herb Baked Fish w/Dill Sauce Jazzy Rice Brussel Sprouts Whole Grain Roll Tapioca Pudding	5 Fruit Juice Tossed Green Salad Spaghetti and Meatballs Garlic Bread Fresh Fruit
8 Twice Baked Stuffed Potato w/Topping Scandinavian Blend Vegetables Wheat Roll Mandarin Orange	9 Monterey Chicken Bake Steamed Spinach Rye Swirl Bread Baked Dessert	10 AARP Potluck Veal Cutlet w/Bistro Sauce Buttery New Potatoes Broccoli 7 Grain Roll Butterscotch Pudding	11 Turkey Breast filled w/Bread Stuffing Cranberry Sauce Baked Squash Whole Wheat Bread Tropical Fruit	12 Vegetable Collage Salad Beef Barley Soup Half Tuna Fish Sandwich Sugar Free Gelatin
15 Martin Luther King Day Holiday	16 Breaded Fish AuGratin Potatoes Green Beans w/Tomatoes Cracked Wheat Bread Mixed Fruit	17 Three Bean Salad Cornbread Pan Pizza w/Beef, Veggies and Cheese Chef's Blend Vegetables Applesauce	18 <i>Beta-carotene Rich Meal</i> Tossed Green Salad Pork Roast w/Rosemary Gravy Whipped Sweet Potatoes Wheat Roll Dessert	19 Honey Lemon Chicken Pasta Royal Swiss Chard Raisin Bread Blushed Pears
22 BBQ Pork Riblet Ranch Beans Cauliflower w/Bell Peppers French Roll Plums	23 National Pie Day Fruit Juice Cream of Broccoli Soup Turkey & Cheese Sandwich on Whole Wheat Bread Baked Dessert	24 Roast Beef w/AuJus Baked Potato w/Sour Cream Peas & Pearl Onions Sourdough Bread Sugar Free Gelatin	25 Fruit Juice Chicken Fondue Bake Rice Pilaf Mixed Vegetables Wheat Bread	26 Potato Crusted Ham & Cheese Pie Lima Beans Dinner Roll Banana
29 Swiss Steak w/Mushroom Sauce Parlsied New Potatoes Stewed Tomatoes Baguette Apricots	30 Oven Fried Chicken Macaroni Salad Winter Blend Vegetables Biscuit Ambrosia	31 Happy Birthday Glazed Pork a la Orange Cornbread Stuffing Minty Carrots Whole Wheat Bread Birthday Cake		

\$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