

# Senior Scene



Transportation: (530) 757-4408  
**Volume XXXV, Number 10**  
\$10.00/Year Subscription

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**October 2007**  
[www.cityofdavis.org/pcs/seniors/](http://www.cityofdavis.org/pcs/seniors/)

## SENIOR HEALTH FAIR & FLU SHOTS

Our annual senior health fair, co-sponsored by Sutter West Medical Group, will be held on **Wednesday, October 24, 9:00 a.m. to 12:00 noon.** The Yolo County Public Health Dept. will also be offering flu shots for a \$10 fee. See page 12 for more information. In addition to health exhibitors screenings, look for these services:



- Caregiver resources
- Veterans services
- AARP
- American Red Cross
- California Telephone Access Program
- Elderly Nutrition Program
- Health Insurance counseling
- Rebuilding Together
- Lifeline
- Eyeglass cleaning and repair
- Breast Cancer support group

## SAFE DRIVING SELF EXAM

One of the most popular features of last month's Transportation Expo was the AAA Roadwise Review. It's an easy, 8-part computer self-assessment of driving skills. If you missed your chance to go through this self-assessment, now's the time to sign up. We have several dates when a volunteer will be here to help you with the program. It takes about 45 minutes, and you'll leave with a better sense of where your skills are sharp, and where they might need a bit of work. Call 757-5696 to make an appointment for either October 10 or November 14.

## TRANSPORTATION INFO

Exhibitors at last month's Transportation Expo brought a treasure trove of materials that are now available at the senior center. Drop by for updated bus schedules for Unitrans, YoloBus, and the UCD Medical Center shuttle. The new City of Davis Bicycle map is also here, along with materials from Amtrak. For more information about transportation resources, contact Lisa at 757-5696.

## SENIOR CITIZENS OF DAVIS

### Promoting Independent, Healthy Lifestyles

#### SCD POTLUCK & BUSINESS MEETING

The SCD monthly meeting & potluck is planned for **11:30 a.m., Tuesday, October 2**. The business meeting will be first on the agenda, with our featured guest speaker to immediately follow. David Grantham, Certified Aging in Place Specialist, will present a program on Rebuilding Together which has officially moved into Yolo County, offering wonderful home safety assessments and home modifications for the elderly, disabled and low income.

Members and guests attending the potluck meal 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 Desserts and O-Z Main Dish**. We are returning to our regular menu this month, and hot dishes are encouraged. Those unable to bring a dish may pay \$5.00 per person for the meal. Call 757-5696 if more information is needed.

#### SUNSHINE LADY

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

**Get well** cards to Frank Liggett, Marilyn Vaughn and Eva Mae Hatton.

**Thinking of You** cards to George Valente, Ruth & Bill Griggs, Betty & Earl Lentz, Noland Walker, Lillian Lantz, Eleanor Gardias and Kay Wooden.

**Sympathy** card to family of Mercedes McElwain, family of Anita Aberbach, family of Charles Hayes Jr., family of Barbara Reisenauer, and family of Elsie Richardson.

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 AUGUST - SEPTEMBER

Please join us in welcoming the following new SCD members: Jean Burke, Michael & Beverly Radford, Ester Duff, Dr. Ron Jensen, Mort Schwartz and Giovanna Oettinger, Sydney Moberg, Cheri Joerger, Lucy Nielsen, June McNally, Fermin

& Monica Martinez-Garay, Margo Dolan, David Hansen, Inga Brenner, Muriel Brana, Marie Harlan, Robert & Barbara McCandliss, Erika Stanley, Victoria Bolanos, Elzine Ginosar, Virginia Boggs, Jim Higgins, Armand & Joan Maggenti, Morgan & Marlene Wheeler, Peter & Margaret Goldberg, Bill (Harold) Bacon, Barbara Melander, Patricia Elms, Ken Steen Olsen, Patricia Armstrong, and Elizabeth Martin.

#### WIN AN AFGHAN

Buy a chance for a winner! A blue-ribbon afghan will be raffled at the Holiday Craft Affair on Thursday, November 29. You can view it on display at Hem and Haw meetings this month (Wednesdays, 1:00-3:00 pm), or in the hallway cabinet during the month of November. Be sure to buy your ticket at the office for \$1. All proceeds go to support the Senior Citizens of Davis.



#### UPCOMING VETERANS DAY REMEMBRANCE

SCD will be presenting a very special Veteran's Day program at our potluck on **Tuesday, November 6 starting promptly at 11:30 a.m.**

The Board of Directors is encouraging all SCD members to bring a picture of a family member, living or not, who was a veteran and to place that picture in a prepared place of honor as a cherished part of our program. We ask that you put your name, relationship and telephone number on the back of your photograph and to pick them up at the conclusion of the program.

#### SCD Board of Directors

President	Wes Penny
First Vice President	Liz Fisher
Second Vice President	Elisabeth Bogren
Secretary	Carolyn Simmons
Treasurer	Don Harting
Budget & Finance Chair	Carol Harting
Membership Chair	Barbara Hager
Social & Recreation Chair	(Vacant)
Sunshine Chair	Louise DeMasi
Kitchen Services Chair	Roger White, Past Pres.

## FRIENDSHIP CAFE

### MEAL HIGHLIGHTS

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

**Wednesday, 10/3 “Lite N’ Lively”** Join us for black bean & vegetable soup, turkey sandwich on sourdough, whole wheat crackers, and seasonal fresh fruit.

**Friday, 10/12 “World Egg Day”** Enjoy a garden salad, spinach mushroom quiche, oven roasted potatoes, blueberry muffin, and apricots.

**Wednesday, 10/24 “Happy Birthday”** Celebrate our October birthdays with fruit juice, spaghetti with meatballs, Italian vegetables, garlic bread, and of course, birthday cake!

**Wednesday, 10/31 “Halloween”** Join us for a seasonal celebration with jittery juice, Dracula’s first bite BBQ chicken, Witches Brew Winter Blend, R.I.P. Potatoes, Batty Biscuits, and Jack-O-Lantern Cheesecake.

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, or the main Elderly Nutrition Office at 662-7035.

### 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*

### MILES FOR MEALS WALK-A-THON

Mark your calendar for the 19th Annual *Miles for Meals Walk-a-thon* to benefit The Elderly Nutrition Program of Yolo County. This event, sponsored by *Friends of Meals on Wheels*, will be held on **Saturday, November 3 from 8:00 to 10:00 a.m.**, inside the County Fair Mall in Woodland.

Prizes will be awarded for most laps walked, most money pledged, and oldest walker in different age, gender and group categories. Walkers of all ages can enjoy refreshments, listen to lively music from a local disc jockey, be entertained by a clown and get in a little exercise at the same time!

The Miles for Meals Walkathon is the only indoor walkathon in Yolo County, so rain or shine come out and help to raise some funds to support the Elderly Nutrition Program in Yolo County. To receive a registration packet or for more info, call Elderly Nutrition Program at (530) 662-7035.

## HEALTH & WELLNESS

### THE PEHLKE PACERS - STEP OUT IN DAVIS!

**Putah Creek Grassland Restoration on Friday, October 5, 9:00 – 10:00 a.m.** Mitch Sears, Open Space Planner for the City of Davis, will lead a group of walkers to explore the trails at the City’s South Fork Preserve at Putah Creek. Participants will gain a deeper understanding of the interaction between the community, agriculture and the local ecology. Walkers will meet at the Preserve trailhead parking area located on Mace Blvd 1.5 miles south of the City (on the left side of the road, just after crossing the creek). Please call 757-5696 to pre-register for this free walk.

### FARMERS MARKET VOUCHERS

If you picked up vouchers for the farmers market, we encourage you to use them! The number redeemed this year will determine how many we receive next year. So please, go to the market Wednesday afternoons or Saturday mornings, use your vouchers for your produce, and stay healthy!

There are a few vouchers still available at the office for seniors over age 60. Income for an individual must be under \$18,889, income for a couple must be under \$25,327.

### BONE & VITAMIN-B12 STUDY

USDA, ARS Western Human Nutrition Research Center invites healthy women, ages 50 - 65 and who are postmenopausal, to participate in a 9-month study with 10 study visits on the UC Davis campus. The study will test whether Vitamin B-12 changes the markers for bone formation. Women must be non-smokers, not taking HRT or bone-building medication or other medications.

Study includes Vitamin B-12 injections and supplements, a DEXA bone scanning, nutritional information and financial compensation for participation. For more information, call (530) 752-5177 and Press #6 or visit:

[www.ars.usda.gov/pwa/davis/whnrc](http://www.ars.usda.gov/pwa/davis/whnrc)

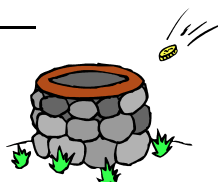
**LIVE LONG AND PROSPER**

Working on just a few habits can boost your longevity and quality of life. Tedd Mitchell, M.D., gave these pointers in a recent USA Weekend Magazine.

- Stop smoking. It's a big health threat.
- Exercise to keep your body strong.
- Nourish yourself with proper nutrition.
- Involve family & friends in your health care.
- Observe follow-up orders; partner with a doctor for preventive maintenance.
- Read to stimulate your brain.
- Sleep to rejuvenate and recharge your batteries.
- Regularly practice safe driving skills.
- Understand your medical condition(s) and any medications.
- Lose weight. Longevity is associated with light body weight.
- Ensure regular eye and ear exams.

**THE GIFT OF GIVING**

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



Duplicate Bridge – Monday	\$ 37
Handy Helpers	\$ 25
Hem & Haw (SCD)	\$141
Information & Assistance	\$ 7
Internet Users Group	\$ 60
Mac Users Group	\$ 60
Medical Equipment Donations	\$140
Memorial Donations	\$ 85
Miscellaneous	\$ 53
Nostalgics	\$ 19
Social Bridge - Monday Night	\$ 25
Tuesday Pinochle Players	\$ 7
<b>Total</b>	<b>\$659</b>

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

**INFORMATION & ASSISTANCE****SOCIAL SECURITY SERVICES**

A representative from the West Sacramento Social Security office will be here on **Wednesday, October 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.

**DMV SERVICES DISCONTINUED**

Due to concerns about security and identity theft, the Department of Motor Vehicles has discontinued their services at the Davis Senior Center. The nearest DMV office is located at 5th and Pole Line Road in Davis. To make an appointment at the DMV call 1-800-777-0133 or visit [www.dmv.ca.gov](http://www.dmv.ca.gov)

**ARE YOU PREPARED FOR AN EMERGENCY?**

Sutter Davis Hospital is having free exhibits, information, giveaways & workshops on **Saturday, October 6 from 11:00 a.m. – 2:00 p.m.** Learn how to prepare your home, kids and pets for an emergency, pandemic flu information, how Yolo County prepares for an emergency, walk-through a decontamination tent and a chance to win emergency kits! For more info, call 757-5121.

**MEDICAL DECISIONS WHEN THEY COUNT MOST**

Do you know who you want to make medical decisions for you if you are incapacitated? Are you facing important decisions about medical care with aging or ill family members? On **Wednesday, October 31 at 10:00 a.m.**, this program will help you and your family prepare for those difficult medical decisions. Learn ideas for talking with your loved ones, information about advance directives, and things to consider when designating your health care spokesperson. This presentation is through the Compassionate Care Alliance, a non-profit regional coalition of healthcare professionals and community members encouraging advance care planning.

Also on this topic, tune in to KVIE Channel 6 for **With Love & Dignity** – a KVIE documentary exploring medical decision-making through the stories of Sacramento-area families and interviews with healthcare professionals. It airs **November 3, 2:30-3:00 p.m.**

## SUPPORT GROUPS

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

**ALZHEIMER'S SUPPORT GROUP - Wednesday, October 17 at 10:00 a.m.**

**BREATHERS SUPPORT GROUP - Thursday, October 25 at 1:30 p.m.**

### **DIABETES SPEAKER & EDUCATION SUPPORT GROUP**

Dr. Allison Alcalay from Sutter West Medical Group will speak **Friday, October 5** from **9:00-10:00 a.m.** This will be immediately followed by the **Diabetes Education Group** from **10:00-11:00 a.m.** with Wendy Gregor. If you have specific issues or questions you would like addressed, please leave them at the Senior Center office. These will help focus the speakers on your questions and concerns with diabetes.

### **HEARING LOSS SUPPORT GROUP -**

Older adults frequently face problems of hearing loss. If you would like to share your experiences and learn about resources for the hearing impaired, please join us for the first meeting of the Davis Senior Center's new hearing loss support group. Led by facilitator June Prowell, the first meeting of this new group will be on **Thursday, October 11 at 1:00 p.m.** Future meetings will be on the 2nd Thursday of each month at 1:00 p.m. Everyone is welcome.



**MEN'S SOCIAL GROUP – Wednesday, October 31 at 10:00 a.m.**

**PARKINSON'S SUPPORT GROUP – Tuesday, October 23 at 1:30 p.m.**

### **TRANSITIONS GROUP**

Transitions, a new senior support group, invites you to join them on **Wednesday, October 31 at 10:00 a.m.** Whether you're dealing with health problems, feeling blue, loss of a loved one, or just the trials of aging, this group is a great place to find insight and support.

**VISION SUPPORT GROUP – Wednesday, October 10 at 10:00 a.m.** When someone is experiencing vision loss, unfortunately many older folks experience hearing loss in addition to vision loss. Tom Menkowski of Avalon Hearing Aids will discuss hearing loss and how to cope with it. Tom knows about this first hand because as he is hearing impaired himself.

## DAVIS COMMUNITY TRANSIT

Fall is finally here and we now have cooler weather! Please be reminded that we do not expect you to wait outside for the bus if the weather is too cold or if it's raining. We will give you a courtesy call if we do not see you coming out of your home, however if you are waiting for a return ride, please be in a position to look for the bus.

Also, if you have a fall while coming to the bus or while on the bus, please remember that the driver cannot assist you. If you are unable to get up on your own, we are required to call 911. If you need extra assistance, you must travel with an attendant as we are a curb-to-curb paratransit service. Please feel free to call the office if you have any questions at 757-4408.


### **HELPING OTHERS**

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

- **SAVE NUGGET RECEIPTS -** Nugget Markets donates 1% of the total for senior programs. Last year's totals were down a bit, but we still collected enough to receive a donation of more than \$3,000! A big thanks to Nugget and to the senior volunteers who did the tallying, including Ed Quinteros, Donna Dungan, Pat Patterson, Martha Harvey and Sara Albitre.
- **USED PRESCRIPTION EYEGLASSES AND HEARING AIDS**
- **HOUSEHOLD BATTERIES**
- **CHARITABLE FINANCIAL GIFTS** are always welcome (and tax deductible). Inquire at the main office for more details.

## SERVICES & ADVOCACY

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

- **INFORMATION & ASSISTANCE** - 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 Tuesday of every month, 10:30 – 11:00 a.m.**
- **ELDER ID PROGRAM** - This program is aimed at identifying "wanderers" so they can be quickly returned to loved ones. Photo and information are kept by law enforcement.
- **FAMILY CAREGIVER SUPPORT PROGRAM** - 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/](http://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 amount of a class for those who can't afford it. To be eligible, your annual income must be below \$23,000 for an individual or \$26,300 for a couple. Scholarships are available up to a maximum of \$150 per calendar year, and can only be used for the cost of the class, excluding materials fees. For more info, call 757-5696.
- **SENIOR CITIZENS COMMISSION** - The commission meets on the **2<sup>nd</sup> Thursday of each month at 2:30 p.m.** The public is encouraged & welcome to attend. Agendas and past meeting minutes may be viewed online at [www.cityofdavis.org/meetings](http://www.cityofdavis.org/meetings)
- **SHOPPING SERVICE** - UCD student volunteers will take your order, do your grocery shopping and deliver to your home. 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. While consultations are on a drop-in basis, we encourage you to call to confirm the Veterans' representative will be on-site before coming. 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](http://www.cityofdavis.org/webreg). For more information, call 757-5696, or refer to the City's Fall 2007 Recreation Schedule.

<b>Ceramics</b> (T, 9-11:00 a.m.)	<b>Ongoing – Join anytime!</b> \$5 per month
<b>Dance &amp; Jam Session</b> (F, 2:15-4:00 p.m.)	<b>Oct. 12 &amp; 26</b> No fee
<b>Dynabands</b> (MWF, 2-3:00 p.m.)	<b>Continues – Oct 31</b> \$8/res & non-res
<b>Feldenkrais</b> (T, 10:15-11:15 a.m.)	<b>Oct 2 – 30</b> \$23res/\$29/\$35 non-res
(T, 11:30a.m.-12:30p.m.)	\$23/res/\$29/\$35 non-res
<b>Fitness for Life</b> (MWF, 7:30-8:30 a.m.)	<b>Oct 1 - 31</b> \$35res/\$41/\$46 non-res
<b>Gallery Glass</b> (T, 1-3:00 p.m.)	<b>Oct 9 &amp; 16</b> \$5 res/\$11/\$17 non-res
<b>NostalgiCS Singing</b> (F, 1-2:00 p.m.)	<b>Ongoing – Join anytime!</b> No fee
<b>1-Stroke Painting</b> (Th, 9-11:30 a.m.)	<b>Oct 11 &amp; 18</b> \$5 res/\$11/\$17 non-res
<b>Slow &amp; Easy</b> (TTh, 1:30 – 2:30 p.m.)	<b>Oct 2 – 30</b> \$27 res/33/39 non-res
<b>Tai Chi/Chi Gung</b> (T, 9-10 a.m.)	<b>Oct 2 - 30</b> \$23 res/\$29/\$35non-res
<b>Tap Dancing</b> (M, 3:00-4:30 p.m.)	<b>Ongoing – join anytime!</b> No fee
<b>Walk n' Talk</b> (MWF, 8:45-9:45 a.m.)	<b>Ongoing – Join anytime!</b> No Fee
<b>Yoga - Intermediate</b> (MTh, 8:30-10:00 a.m.)	<b>Sept 27 – Oct 22</b> \$56 res/\$62/68 non-res
<b>Yoga – Chair Intro</b> (MTh, 10:30-11:30 am)	<b>Sept 27 – Oct 22</b> \$40 res/\$46/\$52 non-res

## SPECIAL ACTIVITIES

### AARP POTLUCK

AARP'S Meeting & Potluck will be held **October 10 at 11:30 a.m.** Our speaker will be Garry Pearson, the Greenhouse Manager in the Dept. of Plant Science at UC Davis. He will talk about Greenhouse operations.

Members should bring their own table service, food to share for or \$5.00 donation. **A-G, hot dish, H-P salad and Q-Z dessert.** Any questions call 753-0266.

### ARMCHAIR TRAVELS

**"Beyond The End Of The Road"** The Darien Region starts at the "end-of-the-road" in the tropical jungle of Panama. While traveling deep into this region, Carol Klesow and Henry Garcia Alvarez provided a 7-day "how-to" workshop to members of a local medicinal-herb-growers cooperative, on how to make new products from their medicinal herbs, and how to organize and set up a processing system. Challenges on this trip included heat, bloodthirsty bugs, lack of roads and lack of resources. Having survived the adventure, Carol and Henry will share their 21 days spent with great people of the Darien Region. Come share their experience on **Friday, October 26 at 10:00 a.m.** Call 757-5696 to reserve your seat for this unique adventure story!



### BOOK REVIEW GROUP

Stan Forbes, owner of the Avid Reader at the Tower bookstore in Sacramento, will be meeting to share hot new reads with you once again on **Tuesday, October 16 at 9:30 a.m.**

### CURRENT EVENTS DISCUSSION GROUP

The discussion group will meet on **Friday, October 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.

### DANCE IN THE AFTERNOON

Time to get back on the dance floor! Dance partners will be provided for the **Friday, October 12** dance featuring Music from the Back Room. Our senior center musicians will provide the music beginning at **2:15 p.m.**, and student volunteers from



UCD's Regents Scholars will provide both male and female dance partners. The students had such a good time learning dance steps from the seniors last year, they've promised to return on the second Friday of each month, except December, for the rest of the school year. Join us to dance, or just to enjoy the music.

**GENEALOGY CLUB & LIBRARY**

“How to Get Organized!” Any genealogist, whether beginner or experienced researcher, can feel inundated with records, data, photographs, and other “ephemerae of genealogy.” On **Monday, October 29 at 1:00 p.m.**, our guest speaker, Glenda Gardner Lloyd, a 4<sup>th</sup>-generation Californian and the first President of Root Cellar – Sacramento Genealogical Society, will tell us about the method she developed for organizing materials so that information and documentation can be quickly found.

Our library is also open on **Wednesday and Friday from 1:00 to 4:00 p.m.** and volunteers are available during these hours to help with questions.

To learn more about the Davis Genealogy Club and Library, visit our website at [www.davisgenealogy.org](http://www.davisgenealogy.org). or call Lisa Henderson at 753-8943.

**HEM & HAW**

Do you like to knit, sew, crochet or quilt? Every **Wednesday afternoon from 1:00-3:00 p.m.**, why not come join others who share your passion? This free group is filled with good conversation & fellowship, with occasional food treats! For more information call Carol Harting at 756-4654.

**INTERNET USERS GROUP**

The group will meet from **7:00-8:30 p.m.** on **Monday, October 8.** We'll set up a blog on [www.blogger.com](http://www.blogger.com) and write some hometown poetry or prose into our blog. Perhaps we'll keep it as an IUG blog with an intriguing topic and name? Come to find out. For more information, call Carol Harting at 756-4654, Lois Richter at 758-5058 or Anne Hance at 753-7265.

**NOSTALGICS**

Do you like singing in the shower? Well, it's time to get out of your house and let your voice be heard! Join other singing enthusiasts who love singing those “oldies but goodies” on **Fridays from 1:00 to 2:00 p.m.**

**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, October 9.** For more information, call Eric Thompson at 758-3098.

**RED HAT SOCIETY – DCS “ROCKERS”**

Every third Friday of the month, **October 19 from 1:00 – 3:00 p.m.** is Game Day. Bring a game several can play, learn new games from others, laugh and socialize. Members are asked to bring cookies. Coffee and tea will also be available.

Back by popular demand, on **Tuesday, October 16 at 11:30 a.m.** the “Rockers” will return to Bakers Square, located at 255 Second Street. We will meet at 11:30 a.m. at senior center. If you would like to come along, need a ride, or more information, call Joyce at 758-4757. A final head count is needed no later than **October 15.**

**STAMP CLUB**

The Davis Stamp Club generally meets on the **1<sup>st</sup> Tuesday of each month from 7:00-8:30 p.m.** The next meeting is scheduled for **Tuesday, October 2.** For more information, call Anne Hance at 753-7265.

**OIL & ACRYLICS**

The group meets each **Monday morning from 9:00 to 11:30 a.m.** We operate as an "Open Studio" with participants going in their own direction at their own pace. There always seems to be a willing listener to help resolve problems. New painters are always welcome. We are looking for an activity that will appeal to all levels so bring along your ideas!

**SENIOR ARTISTS ARE WINNERS!**

This month, second, third or honorable mention ribbons are invited to show their work in the hallway of the senior center. Be sure and put name and phone number on the back of your work, and bring your winners to the Senior Center on or after Monday (October 1).

**WATERCOLOR PAINTING**

Carol Bernard will be teaching in October. Class begins at 9:30 a.m. on Friday mornings and continues to 11:15 a.m. Painters arrive around 9:00 a.m. to set up with paper, paint, brushes and water containers. Everyone is welcome to enjoy playing with color and shape. No experience required.

## MISCELLANEOUS

### EARLY ELECTIONS VOTING

The Yolo County Office of Elections will be offering early voting again this year beginning **Monday, October 29 - Friday, November 2** at the Davis Senior Center. The election booths will be available in the Valente Lounge area during regular business hours throughout the week. **Please note:** activities that are regularly scheduled in this area may be cancelled or relocated to an alternate room during this week. Please check with the office for up-to-date information.



**Don't forget  
to cast your vote on  
Tuesday, November 6**

**Your vote can make a  
difference!**

### OLLI'S KANGAS LECTURE

Suad Joseph, anthropology and women's studies professor, UC Davis, will give the annual Kangas lecture and the first lecture in this year's OLLI public lecture series: "Justice, Forgiveness and Reconciliation" on **Tuesday, October 30 from 3:00 to 5:00 p.m.** at the Davis Senior Center.

The keynote by Joseph calls upon her research in the Middle East, her early work on the politicization of religious sects, her long-term interest in women and local community formation, as well as her current work on a long-term project following children in a Lebanese village as they construct notions of rights, responsibilities and national citizenship from birth to adulthood in the aftermath of the Lebanese Civil War.

The Kangas annual lecture honors the late Pat Kangas, who directed the Davis Senior Center for more than 25 years. The public is invited to this free lecture.

### MEXICAN CRUISE FUNDRAISER

The California Parks & Recreation Society Aging Section is planning a Mexican Cruise Fundraiser. This trip is open to all - family, friends, seniors and kids! And the good news is that it also benefits the Davis Senior Center, in addition to the Aging Section. For every person who signs up for this event representing the Davis Senior Center, the Center will receive a portion of the reservation fee.

Royal Caribbean's "Monarch of the Seas"  
4 Night cruise to San Diego, Catalina Island &  
Ensenada

May 12-16, 2008

Leave from San Pedro with stops in San Diego,  
Catalina Island and Ensenada.

Prices range from \$430-\$570 per person, and is being planned by the City of San Marcos Senior Center. To reserve your space, all you need is a registration form, and an initial deposit of \$100.00 per person and they do the rest. The final payment is due on or before February 22, 2008. They do accept credit cards. For more information, please contact Georganne Woodward at 760-744-5535 ext. 3602/3609 or [gwoodward@ci.san-marcos.ca.us](mailto:gwoodward@ci.san-marcos.ca.us)

## UPCOMING EVENTS

### CARING FOR DEMENTIA

Mark your November calendar for a 3-part series on caring for people with dementia. The first of three sessions at the Davis Senior Center will be held **Friday, November 2, 9:30 to 11:30 a.m.** To be covered: What is Dementia? - Symptoms of Alzheimer's - Physical Approach - Communication Skills.

**Friday, November 9, 9:30 to 11:30 a.m.,** the second session will include Offering Assistance, Evaluating Cognitive Levels, Meaningful Days (Activities), and Problem Behavior.

The final session, **Friday November 16, 10:00 to 11 a.m.** will be Comfort and Compassionate Care when Dementia Reaches the End of Life.

For additional information, contact Peggy Phelps at Yolo Adult Day Health Center, 530-666-8828 or [pphelps@dcn.org](mailto:pphelps@dcn.org).

**IT'S A CRAFT AFFAIR!**

Don't have the time or transportation to get to the mall? Tired of those run-of-the-mill, overpriced gift items? Well, come shop at our annual Holiday Craft Affair on **Thursday, November 29 from 9:00 a.m. to 3:00 p.m.** This event will feature over 20 local crafters featuring woodcrafts, jewelry, notecards, paintings, soaps, holiday home decor, floral arrangements, and much more. Admission is free, so mark your calendars to come shop with us!

**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.

**October 5 - The Big Trees** – Kirk Douglas plays an unscrupulous lumber baron wanting to exploit California's redwood forest in 1900. A Quaker colony stands in his way.

**October 12 – Sister Act** – Whoopie Goldberg stars as a singer forced to hide out from the mob in a convent. Get ready to laugh!

**October 19 – Volver** – After her death, a mother returns to her home town in order to fix the situations she couldn't resolve during her life. (Spanish with English subtitles)

**October 26 – The Russians Are Coming! The Russians Are Coming!** – A Russian sub runs aground on the Nantucket coast. Stars Alan Arkin.

**DAYLIGHT SAVINGS ENDS SOON!**

Don't forget that there is a new date and time this year, so mark your calendars now as a reminder to set your clocks back by one (1) hour on **Saturday night, November 3** in anticipation of Sunday's new time schedule.

Please remember, this is also a great opportunity to change out those batteries in your smoke detectors to ensure your safety throughout the year!

**VOLUNTEER CORNER****BAKERS NEEDED**

The Madhatter's Tea Party is just around the corner! In order to make the **November 15** event a success, we need help from all you fabulous bakers here at the center. If you are interested in baking scones, tea cakes, finger sandwiches, or cookies for this wild and crazy event, please stop by the front desk to sign up on our baker list. Any donation, large or small, will be appreciated. We'll see you at the party!

**HOLIDAY DINNER & DANCE VOLUNTEERS NEEDED!**

Senior Center staff is also looking for several volunteers to assist with ticket collection, facility & table decorations, dessert servers, clean up, and raffle sales during the SCD Holiday Dinner & Dance on **Tuesday, December 11** in the evening.

If you interested in volunteering at this event, please sign up on our volunteer sign up sheet located in the main office no later than Friday, November 30. More information is available on shift times, etc at the main office.

**ARBORETUM VOLUNTEERS**

Become a nursery assistant, education volunteer, or gardener for the UC Davis Arboretum. Volunteer training runs **Tuesdays, October 16-December 4**. No experience necessary. For information, call 754-9126 or email [almcguire@ucdavis.edu](mailto:almcguire@ucdavis.edu)

**TEACH DRIVER SAFETY COURSE**

The AARP driver safety program needs volunteer instructors. If you would like to be an instructor, please call Albert Kammerer at (916) 363-4598 for more information.

**DRIVE CANCER PATIENTS**

The "Road to Recovery" program provides transportation help for cancer patients to and from their scheduled medical appointments. Drivers donate their time and the use of their personal vehicles to help ensure that cancer patients get the lifesaving treatments they need. Volunteers are needed. For more information on how to volunteer, please call (800) 227-2345.

**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.**

**October 15 & 16 – Feather River Canyon** – Free time in Truckee, overnight at the beautiful Siena Hotel and Spa on the Truckee River in Reno. Explore Quincy and have lunch at Café Le Coq. Ride through the awesome Feather River Canyon ablaze with fall color. \$215 pp dbl., ss add \$58

**October 18 Apple Hill** – Docent tour to Apple Hill Ranches, hosted BBQ Chicken lunch with apple pie a la mode. Free time at High Hill Ranch to purchase apples, pies, and more. \$49

**October 30 & 31 – Dancing Queen** – Features the story of a girl who just has to dance! Music is by Abba, the group who wrote the lyrics to the Broadway hit “Mama Mia.” Singers and dancers with dazzling costumes and choreography present a dynamic evenings entertainment. Show and buffet at El Dorado. Overnight at the newly renovated Pepper Mill. \$158 dbl., ss add \$23

**November 27 – Dec. 1 – Nashville Holiday** – Wait list.

**December 6 – Poinsettia Farm** – Start your holiday preparations with a trip to Duarte’s Poinsettia Farm in Modesto. The sight of thousands of perfect poinsettias will put you in the holiday food. Purchase as many as you like of the crimson, pink, cream and even purple poinsettias. Also included are the McHenry Mansion and Museum and lunch at a local favorite, Galletto Ristorante, \$69



**December 12 – White Christmas** – The classic holiday tradition comes to the highly acclaimed East Sonora Theatre. Full of dancing, laughter and great Irving Berlin hits, this musical leaves you feeling wonderful! A sumptuous buffet luncheon is prepared for us at Ironstone Winery. \$95

**December 22 – 25 – Christmas at the Mission Inn** – To its guests and to the people of Riverside the Mission Inn has always meant more than simply bed, bath, and board. It is an oddly integrated assemblage of arcades and gardens, turrets and domes, flying buttresses and spiraling staircases, catacombs and carillon towers. It is also fine art and Spanish cannons, stained glass and ceramic tile, saints and dragons, bells and wrought iron. We’ll have a docent tour of the hotel and its museum. Have carriage rides and listen to carolers on the beautifully decorated grounds. A special Christmas Eve dinner and Christmas morning brunch. Also a trip to Lake Arrowhead, see the Radio City Music Hall Rockettes and more. \$1120 pp dbl, ss add \$300.

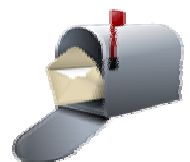
**2008**

**February 18 & 19 – Snow Train** – Ride the Amtrak train from Davis thru the snow capped Sierra to Reno. Stay at the fabulous Peppermill Hotel Casino with \$10 slot play and \$5 food credit. Next day, a four-hour stop at Silver Legacy with \$6 cash and \$2 food credit. All proceeds benefit the Davis Senior Center. \$155 pp dbl., ss add \$25

**March 26 – April 2 – A Spring Azalea Tour** including Atlanta, Charleston and Savannah. Sign up by October 25, 2007 and receive \$25 pp discount. \$2650 pp dbl., ss add \$720

**September 27 – October 5 – Steamboatin’ on the American Queen, St. Louis to St. Paul** – Sign up by October 30 and receive \$300 discount. See Travelaires office for pricing and details.

**Signing up by mail?** – You may register for any trip by mail. Please include a stamped, self-addressed envelope so we can send a receipt to you



## Davis Senior Center Activities - October 2007

Monday	Tuesday	Wednesday	Thursday	Friday	
<p><b>1</b> 7:30am Fitness for Life 8:30am Intermediate Yoga 8:45am Walk N' Talk/Pehlke Pacers 9:00am Oil/Acrylic Painting 10:30am Chair Yoga 12:30pm Duplicate Bridge 1:00pm Genealogy 1:00pm Scrabble/Bridge/Mah Jongg/Canasta 2:00pm Dynabands Exercise 3:00pm Tap Dancing 6:30pm Social Bridge</p>	<p><b>2</b> 9:00am Ceramics 9:00am Tai Chi 10:15am Feldenkrais 11:30am Feldenkrais <b>11:30am SCD Potluck/Business Mtg.</b> 1:00pm Bridge/Pinochle 1:30pm Slow &amp; Easy Exercise 7:00pm Stamp Club</p>	<p><b>3</b> 7:30am Fitness For Life 8:45am Walk N' Talk/Pehlke Pacers 9:00am Peer Counseling 10:00am AARP Board Mtg 1:00pm Hem &amp; Haw 1:00pm Poker 1:00-4:00pm Genealogy Library Hours 2:00pm Dynabands</p> <p>7:00pm Ballroom Dance* 8:00pm Salsa Dance*</p>	<p><b>4</b> 8:30am Intermediate Yoga 9:00am Bridge Lessons* 9:30am Memoirs 10:30am Chair Yoga 12:30pm Bingo 1:00pm Bridge Lessons 1:30pm Slow &amp; Easy Exercise</p>	<p><b>5</b> 7:30am Fitness For Life 8:45am Walk N' Talk/Pehlke Pacers <b>9:00am Diabetes Speaker – Dr. Allison Alcalay</b> 9:30am Memoirs <b>9:00am Pehlke Pacers – Putah Creek Walk</b> 9:30am Watercolor Painting 10:00am Diabetes Education Grp 12:15pm Video Movie 1:00pm Nostalgics 1:00-4:00pm Genealogy Library Hours 2:00pm Current Events 2:00pm Dynabands</p>	
<p><b>8</b> 7:30am Fitness For Life 8:30am Intermediate Yoga 10:30am Chair Yoga 8:30am Veteran Services 8:45am Walk N' Talk/Pehlke Pacers 9:00am Oil/Acrylic Painting 12:30pm Duplicate Bridge 1:00pm Genealogy 1:00pm Scrabble/Bridge/Mah Jongg/Canasta 2:00pm Dynabands Exercise 2:00pm Legal Assistance* 3:00pm Tap Dancing 6:30pm Social Bridge 7:00pm Internet Users Group</p>	<p><b>9</b> 9:00am Ceramics 9:00am Tai Chi 10:15am Feldenkrais 10:30am Blood Pressure Check 11:30am Feldenkrais 1:00pm Bridge/Pinochle 1:00pm Gallery Glass* 1:30pm Slow &amp; Easy Exercise 7:00pm Mac Users Group</p>	<p><b>10</b> 7:30am Fitness For Life 8:45am Walk N' Talk/Pehlke Pacers <b>9:00am Roadwise Review Assessment*</b> 10:00am Vision Support Grp <b>11:30am AARP Potluck/Business Mtg.</b> 1:00pm Hem &amp; Haw 1:00pm Poker 1-4:00pm Genealogy Library Hours 2:00pm Dynabands Exercise</p> <p>7:00pm Ballroom Dance* 8:00pm Salsa Dance*</p>	<p><b>11</b> 8:30am Intermediate Yoga 9:00am One Stroke Painting* 9:00am Bridge Lessons* 9:30am Memoirs 10:30am Chair Yoga 12:30pm Bingo 1:00pm Bridge Lessons* 1:00pm Hearing Loss Support Group 1:30pm Slow &amp; Easy Exercise 2:30pm Senior Commission Mtg.</p>	<p><b>12</b> 7:30am Fitness For Life 8:45am Walk N' Talk/Pehlke Pacers 9:30am Watercolor Painting 9:30am Memoirs 12:15pm Video Movie 1:00pm Nostalgics 1:00-4:00pm Genealogy Library Hours 2:00pm Dynabands Exercise 2:15pm Jam Session &amp; Dance</p>	
<p><b>15</b> 7:30am Fitness For Life 8:30am Intermediate Yoga 10:30am Chair Yoga 8:30am Veteran Services 8:45am Walk N' Talk/Pehlke Pacers 9:00am Oil/Acrylic Painting 12:30pm Duplicate Bridge 1:00pm Genealogy 1:00pm Scrabble/Bridge/Mah Jongg/Canasta 2:00pm Dynabands Exercise 3:00pm Tap Dancing 6:30pm Social Bridge</p>	<p><b>16</b> 9:00am Ceramics 9:00am Tai Chi 9:30am Book Review 10:15am Feldenkrais 11:30am Feldenkrais 11:30am Red Hats - Bakers Square Lunch* 1:00pm Bridge/Pinochle 1:00pm Gallery Glass* 1:30pm Slow &amp; Easy Exercise</p>	<p><b>17</b> 7:30am Fitness For Life 8:45am Walk N' Talk/Pehlke Pacers 10:00am Alzheimer's Support Group 11:00am Food Distribution 1:00pm Hem &amp; Haw 1:00pm Poker 1:00-4:00pm Genealogy Library Hours 2:00pm Dynabands Exercise 7:00pm Ballroom Dance* 8:00pm Swing Dance*</p>	<p><b>18</b> 8:30am Intermediate Yoga 9:00am HICAP Appts* 9:00am One Stroke Painting* 9:30am Memoirs 9:30am Bridge Lessons 10:30am Chair Yoga 12:30pm Bingo 1:00pm Bridge Lessons 1:30pm Slow &amp; Easy Exercise</p>	<p><b>19</b> 7:30am Fitness For Life 8:45am Walk N' Talk 9:30am Watercolor Painting, 9:30am Memoirs 11:30am Elderlaw 12:15pm Video Movie 1:00pm Nostalgics 1:00-4:00pm Genealogy Library Hours 1:00pm Red Hats – Game Day 2:00pm Current Events 2:00pm Dynabands Exercise</p> <p style="text-align: center;"><b>Saturday, Oct. 20, 12:00 – 3:00 pm SCD Bingo</b></p>	
<p><b>22</b> 7:30am Fitness For Life 8:30am Intermediate Yoga 10:30am Chair Yoga 8:30am Veteran Services 8:45am Walk N' Talk/Pehlke Pacers 9:00am Oil/Acrylic Painting 12:30pm Duplicate Bridge 1:00pm Scrabble/Bridge/Mah Jongg/Canasta 2:00pm Dynabands Exercise 3:00pm Tap Dancing 6:30pm Social Bridge</p>	<p><b>23</b> 9:00am Ceramics 9:00am Tai Chi 10:15am Feldenkrais 11:30am Feldenkrais 1:00pm Bridge/Pinochle 1:30pm Parkinson's Support Group 1:30pm Slow &amp; Easy Exercise</p>	<p><b>24</b> 7:30am Fitness For Life 8:45am Walk N' Talk/Pehlke Pacers <b>9:00am Senior Health Fair &amp; Flu Shots</b> <b>9:00am Social Security Rep</b> 1:00pm Hem &amp; Haw 1:00pm Poker 1:00-4:00pm Genealogy Library Hours 2:00pm Dynabands Exercise 7:00pm Ballroom Dance* 8:00pm Swing Dance*</p>	<p><b>25</b> 8:30am Intermediate Yoga 9:30am Memoirs 9:30am Bridge Lessons 10:30am Chair Yoga 12:30pm Bingo 1:00pm Bridge Lessons 1:30pm Slow &amp; Easy Exercise 1:30pm Breathers Support Group</p>	<p><b>26</b> 7:30am Fitness For Life 8:45am Walk N' Talk/Pehlke Pacers 9:30am Watercolor Painting 9:30am Memoirs 10:00am Armchair Travels – “Darien Region” 12:15pm Video Movie 1:00pm Nostalgics 1:00-4:00pm Genealogy Library Hours 2:00pm Dynabands Exercise 2:15pm Jam Session &amp; Dance</p>	
<p><b>29</b> 7:30am Fitness for Life 8:30am Intermediate Yoga 10:30am Chair Yoga 8:30am Veteran Services 8:45am Walk N' Talk/Pehlke Pacers 9:00am Oil/Acrylic Painting 12:30pm Duplicate Bridge 1:00pm Scrabble/Bridge/Mah Jongg (<b>Game Room</b>) 1:00pm Genealogy Club Meeting 2:00pm Dynabands Exercise 3:00pm Tap Dancing 6:30pm Social Bridge</p>	<p><b>30</b> 9:00am Ceramics 9:00am SCD Board Meeting 9:00am Tai Chi 10:15am Feldenkrais 11:30am Feldenkrais 1:00pm Bridge/Pinochle (<b>Game Room</b>) 1:30pm Slow &amp; Easy Exercise <b>3:00pm OLLI's Kangas Lecture – Suad Joseph</b> “Justice, Forgiveness and Reconciliation”</p>	<p><b>31</b> 7:30am Fitness for Life 8:45am Walk N' Talk/Pehlke Pacers 10:00am Men's Social Group 10:00am Transitions Support Group <b>10:00am Talk - Medical Decisions</b> 1:00pm Hem &amp; Haw 1:00pm Poker 1:00-4:00pm Genealogy Library Hours 2:00pm Dynabands Exercise 7:00pm Ballroom Dance* 8:00pm Swing Dance*</p>	<p><b>Transporation Services</b> <b>757-4408</b></p> <p><b>Senior Center Offices</b> <b>757-5696</b></p>		
				<p>* Indicates need to register in advance, and/or by appointment Please call 757-5696</p> <p>Early Election Voting Mon, 10/29 – Fri, 11/2</p>	

