

Senior Scene



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www.cityofdavis.org/cs/seniors/



GET YOUR DINNER DANCE TICKETS

Tickets are still on sale at the Senior Center for SCD's annual Dinner Dance Party on **Tuesday, December 8, 6 – 9 p.m.**

Reservations are required, and no tickets will be sold after December 3.

Tickets will be taken at the door and the stub of your ticket will be removed and entered into the door prize drawing.

Dinner will be catered by Morrison's in Woodland and feature chicken Mediterranean and carved marinated tri tip. Side dishes include scalloped potatoes, grilled vegetable medley, Caesar salad, fresh fruit, rolls and butter, coffee, champagne punch and non-alcoholic punch.

Dance to the music of the Frank Oddo Quartet, back again by popular demand. The cost of this wonderful evening is just \$30 per person including 8.75% tax and 15% gratuity.

Tables seat eight and may be reserved with the purchase of two tickets, and assumption of the responsibility to decorate and fill the table.

HOLIDAY SHOPPING MADE EASY!

Don't have the time or transportation to get to the mall? Tired of those run-of-the-mill, over-priced gift items? Well, come shop at our annual Holiday Craft Affair on **Thursday, December 3, 9:00 a.m. - 3:00 p.m.** This event will feature over 20 local crafters selling jewelry, note cards, paintings, soaps, holiday home decor, floral arrangements, and much more.

Admission is free, so mark your calendars to come shop with us!



HOLIDAY CLOSURE SCHEDULE

The Senior Center, Elderly Nutrition Program and Meals on Wheels, will be closed **Friday, December 25 & January 1 for the Christmas & New Years Holidays.** Senior Center programs are cancelled December 24 - January 1 and will reopen on January 4, 2010. The Elderly Nutrition Program & Meals on Wheels will be serving meals on December 24, 28, 29, 30 & 31.

SENIOR CITIZENS OF DAVIS Exploring New Possibilities

SCD LUNCHEON & MEETING DECEMBER 1

On Tuesday, December 1, at 11:30 a.m., the SCD membership business meeting will feature the nomination and election of officers for 2010 to be President, Secretary and Treasurer. The membership dues adjustment also will be considered.

Although signups for lunch can no longer be accepted, all SCD members are invited to attend the business meeting.

The nominating committee presented to the Board the names of Wes Penny for President, no nominee for Secretary, and Barbara Hodson for Treasurer. Additional nominations may be made prior to the election as set forth in the bylaws.

As we have advertised since November 4, lunch is free to members and \$7 for non-members. November 23 was our signup deadline because we had to give a head count to the catering service. Sierra Health is providing free lasagna, green and fruit salad, and rolls and butter for those who signed up. Fresh vegetables and dip, punch and birthday cake will be provided by SCD.

The proposed and then revised 2010 membership dues adjustment will be reviewed. Prior to a vote, each member will be afforded the opportunity to speak for up to three minutes to voice their opinions. The revised dues *recommendations* for 2010 are as follows:

Couple membership & Senior Scene newsletter	\$34
Single membership & Senior Scene newsletter	\$22
Single membership only	\$12
Senior Scene newsletter only	\$10

Again, members not able to sign up for lunch may still attend and vote.

SCD MEMBERSHIP RENEWAL 2010

Membership renewal applications will be presented as an insert in the January 2010 Senior Scene newsletter. The insert has been delayed this year to allow the SCD membership to vote on 2010

fees. If you have any questions regarding the fees or membership, please call SCD at 757-5696. Thank you for your support.

SENIOR OF THE YEAR TO BE NAMED

SCD will honor our Senior of the Year at our luncheon on **Tuesday, January 12**. Also, new 2010 board members will be installed. Cost is \$6 for members and \$8 for non-members. Please sign up no later than Wednesday, January 6, 2010. Check the SCD bulletin board for the menu.

SUNSHINE LADY

Sunshine Lady Eileen Byrne reports that for the last half of October and the first half of November cards were sent to the following:

Thinking of You cards to Blaine Dewey.

Sympathy card to family of Gerald "Jerry"

Kenney and family of Mary Borges.

Contact Eileen Byrne at 753-3955 if you know someone who is ill, has had a death in the family, or just needs some "thinking of you" cheer.

MEMBERSHIP COMMITTEE CHAIR

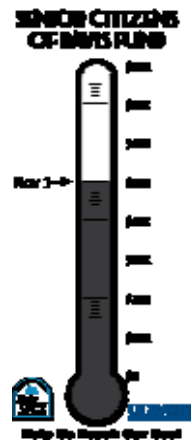
SCD is looking for a member to chair the Membership Committee and sit as a member of the SCD Board of Directors. The position affords the opportunity to help shape the future of SCD in the 21st century.

For more information contact Wes Penny at the SCD office 757-5696 or at his home 758-4757.

NURSING SCHOLARSHIP FUND DONATIONS

With the establishment of its \$40,000 Betty Irene Moore School of Nursing Scholarship in March, a goal of \$80,000 was set for December 31, 2009. With donations from SCD members, our current fund total is \$50,000.

Our expectations are high and we are thankful for your support. Please direct your questions regarding the fund to SCD President Wes Penny, by calling 757-5696.



SCD MEETING DAY CHANGE

The Board of Directors has approved holding all SCD Membership and Social meeting days on the second Tuesday of each month instead of the first Tuesday beginning in January 2010. This change provides an additional week to get the *Senior Scene* to our members for that last minute reminder of events taking place the first week of the month.

This change should be a great help to all, so please make the mental note and remember to mark your 2010 calendar to reflect this change and reschedule your transportation needs. If you have any questions please call the SCD office, 757-5696 or leave a message and Wes Penny will call you.

FITNESS CLASS MEMORIAL GIFT

The Hinsz Scholarship fund recently received a generous donation of \$700 from the early morning (7:30 am) "Fitness for Life" class in memory of members who passed away since Debbie Eernisse became the instructor several years ago. The gift was made in remembrance of Shirley Kreissman, Betty Jane Polk, Tink Mendelson, Bob Cooper, Joanne Anderson, and Joyce Morris.

The class carefully considered various options to memorialize these special individuals who had shared years of hard workouts, laughter and camaraderie. They decided that a memorial donation to the Dianne Hinsz Memorial Scholarship fund would be a perfect fit.

The Hinsz program provides scholarships for very low-income seniors in Davis who wish to enroll in special interest or fitness-related classes at the Senior Center. The memorial donation will ensure that Davis seniors, regardless of income, have the opportunity to enroll in Senior Center classes that optimize their physical/mental fitness and quality of life in later life.

Thank you to the Fit for Life members who donated money to honor their class members and the desire to live life to the fullest. Everyone is welcome to make additional contributions to this fund, ensuring the continuation of Center classes for everyone. For more information, please contact Maria or Lisa at 757-5696.

**VALENTE GIFT**

SCD recently received another generous donation from the George and Lena Valente Foundation in the amount of \$50,000. Senior Center staff and SCD are working together to prioritize needs for these funds.

A portion of the gift went to support SCD's Nursing Scholarship Program, increasing our total to \$50,000, and making it possible for our first two scholarships to be \$1,000 each. Applicants will come from the Family Nurse Practitioner/Physician Assistant master's programs at UC Davis. Scholarship recipients will be required to perform their research or service projects at the Davis Senior Center, interacting with seniors, and concluding their project with a report at the Center.

We believe this interactive program between nursing/medical students interested in geriatric medicine and nutrition conducted at a senior center is a first. What better place is there to discover the wants, feelings and needs of seniors than at a senior center?

On behalf of the SCD members, Board of Directors and Senior Center staff, we extend our heartfelt thanks to George and his family for their generous support, continued interest and involvement enabling SCD and the Senior Center staff to offer many special projects and services otherwise not possible.

MOVIES

Showtime is **12:15 on Fridays**. Join us!

December 4 - While You Were Sleeping - 1 hour 43 minutes (1995) - Ticket-collecting romantic (Sandra Bullock) pretends to be engaged to an unconscious man but can't fool his brother.

December 11 - The Aviator - 2 hours 50 minutes (2004) - A biopic depicting the early years of legendary director and aviator Howard Hughes' career, from the late 1920s to the mid 1940s.

December 18 - Love Actually - 2 hours 13 minutes (2003) - Follows eight different couples in dealing with their love lives, all set during a frantic month before Christmas in London.

**FRIENDSHIP CAFÉ &
ELDERLY NUTRITION PROGRAM**
Cecilia Plascencia, Site Manager
Office Hours: M-F 9:00 a.m.-1:00 p.m.
(530) 757-5541

MEAL HIGHLIGHTS

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

Wednesday, December 16 – “Holiday Celebration” with baked ham, maple glazed butternut squash, broccoli gratin, ambrosia, dinner roll and holiday pie.



Wednesday, December 23– “Happy Birthday” with cheese ravioli with parmesan sauce Italian blend vegetables, baguette, fresh fruit and Birthday Cake.

Please note: The lunch program, will be closed Fridays, December 25 and January 1.

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 757-5541.

LUNCH FEES

Suggested Donation for seniors over age 60: \$3.00
Essential ENP Volunteers under age 60: \$3.50
Guests under age 60: \$7.00*

*unless accompanied by senior spouse

TRANSPORTATION

DAVIS COMMUNITY TRANSIT

In January we are going to begin selling all of our bus tickets on the bus, as well as at the Senior Center. Currently drivers sell only the 5-ride tickets, but we believe it will be easier for our customers if the 10- and 20-ride tickets are available for purchase from the drivers as well. This new procedure will be on a trial basis, and if it goes well, and customers are satisfied, we will incorporate it permanently.

We wish everyone a healthy, happy and safe holiday season!

VOLUNTEER CORNER

VOLUNTEERS NEEDED FOR TAX SEASON

The AARP Tax-Aide program at the Davis Senior Center is looking for volunteers to prepare federal and state tax returns, or to act as facilitators during the tax season, which runs February 1 - April 15. Volunteers use tax preparation software to electronically file returns for low- and middle-income taxpayers, with special attention to those age 60 and over.

Volunteers receive comprehensive training provided by the IRS. Counselors are certified to prepare individual tax returns. Facilitators contact clients to remind them of appointments, greet clients, and assure that they have all the necessary material to complete their returns. Prior tax preparation experience is a plus but not required. We are looking for well-organized people who are comfortable with numbers and computers, and who enjoy helping others.

Training begins in January and will be held at the Woodland Community & Senior Center. Volunteers are encouraged to devote at least 40 hours to the program (about 4 hours a week during the 10-week season). Tax counseling sessions will be held at the Davis Senior Center on Monday mornings, Tuesday afternoons and Wednesday afternoons and evenings. Last year Yolo County sites helped over 900 taxpayers. We want to make it 1,000 this year. Contact Beth Pollard, Yolo County District Coordinator, (530) 756-2017 for more information.

HELPING OTHERS

We collect the following items in the front lobby of 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).

ARTS & CRAFTS

CRAFT CLASS

Join Sandra Gray-Fitzpatrick on **Thursday, December 3, 9:00 - 11:00 a.m.** for a craft class. The craft will be Three Angels. The fee is \$15 and includes supplies. Pre-registration is required, no experience is necessary. Call 757-5696 or come to the front desk for more information.

PAINTING WITH SANDY

Instructor Sandra Gray-Fitzpatrick will teach classes on **Thursdays, December 10 & 17, 9:00 - 11:30 a.m.** Classes are \$38 for Davis residents. Students are required to bring brushes and acrylic paints. The teacher will provide all other supplies needed for the class. For information, contact the Senior Center, 757-5696. Pre-registration required.

CERAMICS

The class meets on **Tuesdays, 9:00 - 11:00 a.m.**, and students are encouraged to drop in and ask questions prior to starting their first class.

OIL & ACRYLIC PAINTING: OPEN ART STUDIO

The Oil & Acrylics group continues to meet on Monday mornings in the Valente Room. All painters are welcome to join us.

WATERCOLOR PAINTING

The watercolor group acknowledges its spirited volunteer teachers at the Christmas brunch on **Friday, December 4, 9:30 a.m.** All participants are welcome and requested to bring finger food to share. This is the last meeting of the year. Classes resume in January 2010.

We are honored to display the paintings of the late Millicent Watkins during the month of December. This talented lady was a driving force of inspiration for this Friday group.

In January Suzie Valdrow will lead the class.

HEM & HAW

In addition to the items in the hallway display case, we will also be selling our items at the Senior Center's annual Holiday Craft Affair on **December 3, 9:00 a.m. - 3:00 p.m.** All the proceeds go to Senior Citizens of Davis, providing

support to many of the programs and services offered at the Senior Center.

Our group meets on **Wednesdays, 1:00 - 3:00 p.m.** Anyone who loves to knit, crochet or stitch is always welcome to join our friendly group.

MISCELLANEOUS

10 THINGS YOU NEED TO KNOW ABOUT ROME

On **Tuesday, December 8, 1:00 - 2:00 p.m.**, Franco Navazio will speak about Rome as seen by a Roman today. He will discuss the symbols that are found in Rome and reveal stories of the catacombs that are underneath the streets. Please sign up for this free program at the front desk or call 757-5696.

AMERICAN SIGN LANGUAGE CLASS

There will be no class in December. Classes will resume in January and will be held on Tuesdays, 10:30 - 11:30 a.m. Serious students are encouraged to buy "The Joy of Signing 2nd Edition" by Lottie L. Riekehof. The book is an excellent resource for those who want to learn sign language. For those who do not want to purchase the book, materials can be purchased for \$2.00 at class. Although the class will be advancing from week to week, newcomers are always welcome. Sign language is a fun way to keep one's mind active and learn a new language and culture. Sign up at the front desk for this free program.



COME LISTEN TO THE KING HIGH BAND!

The King High School band will perform at the Senior Center **Wednesday, December 16, 11:00-11:30 a.m.** They will play a set of acoustic traditional world music. Come and enjoy!

CHINESE CULTURE CORNER

A new group called Chinese Culture Corner will meet the 1st and 3rd Fridays, **December 4 and 18, 2:00 - 4:00 p.m.** The group will exercise, paint, play games and socialize. Everyone is welcome.

FISHERMAN PAINTING TO BE AUCTIONED

As part of the holiday sale on December 3, the Senior Center will offer, by silent auction, a



Warren Westgate painting of a fisherman catching fish with a net. This undated painting (circa 1970) has been displayed intermittently

at the Center for many years and is available for viewing prior to the auction.

In the painting, the quality of light reflecting off the waves is quite adept. The afternoon scene is subtly done as to note the daily work of a man in nature, and a lovely balance of man in harmony with his environment is apparent. However, most remarkable is the balance between man being the only strong vertical in mostly horizontal lines of contrast. Clearly this is a mature work from a dedicated artist.

This painting refers to elements of a photographic sensibility combined with expert paint handling of lights and darks, making this a truly beautiful statement of man in his environment.

The minimum bid will be \$100, and bidding will close on Monday, December 7 at noon. For more information, call 757-5696.

JEWELRY SALE A SUCCESS!

Our sincere thanks go out to all those who donated jewelry for the Senior Center's sale in November, as well as all of you who purchased these beautiful items. It was a great event, raising over \$1200 to support senior programs.

We also thank Pete Richards of Davis Gold & Silver Exchange, who graciously appraised many of the better jewelry items and suggested fair pricing.

MAD HATTER'S TEA PARTY

Mad Hatter's Tea Party will be held on **Thursday, January 21**. Save the date and start thinking about creative headwear!

FOOD DRIVE

In these hard economic times, there is great need in our community. We invite you to drop off canned food items at the Senior Center as part of a food drive for the Yolo County Food Bank. It continues through December 11.

HOLIDAY CARDS

Buy your holiday cards at the senior center and save a bundle! The cards, donated to us, are priced to sell; most are 10 for \$1. Support senior programs and help keep our inventory under control by purchasing your cards here.

BUY LOCAL

As a reminder, one-and-a-half percent of the price of taxable products sold in Davis comes to the City of Davis. Sales taxes provide over one-fifth of the revenues to the City's General Fund, which is the primary source of funding for the Senior Center. Davis residents and employees are encouraged to shop local whenever possible, to generate City revenue and to support local businesses.

Target's opening in October expanded opportunities for a wide range of products. Downtown businesses continue to provide shopping, dining, arts and entertainment in an appealing, vibrant cornerstone to the larger community, and local auto dealers provide excellent customer service and strive to match prices from on-line or regional dealers.

BATTERIES FOR VENTILATOR USERS

The storm season is here, and it's best to be prepared for power outages. Emergency batteries to power ventilators for up to eight hours are available to Davis residents. The Yolano Chapter of Californians for Disability Rights has donated batteries and chargers to the city of Davis for this loan program, coordinated through the Davis Fire Department. For more information, call 758-9426 or 756-0380. If there is an emergency, residents in immediate need of a battery should call 9-1-1.

HAPPY HOLIDAYS EVERYONE!

THE GIFT OF GIVING

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

Duplicate Bridge – Monday	\$ 71
Fit for Life Class Donation	\$700
Handy Helpers	\$ 35
General Memorial Donation	\$ 50
Hem & Haw (SCD)	\$ 99
Information & Assistance	\$ 14
Jewelry Sale	\$1280
Medical Equipment Donations	\$185
Miscellaneous	\$134
Monday Nite Social Bridge	\$ 20
Nostalgics	\$ 11
Tuesday Pinochle	\$ 12
Total	\$2,611

Thanks you for your continued support of our programs and services.

HEALTH & WELLNESS**GLOBAL LAUGHTER CLUB-**

Come join us and let's laugh together.

Instructor Liz Young is a certified club leader by the international organization. To learn more, go to www.laughteryoga.org All ages are welcome. The Laughter Club meets **Wednesdays, 10:15 – 11:15 a.m.**

GAINING BALANCE

The Senior Center offers workshops designed to improve your stability and alignment, as well as specific movement strategies to regain your balance when challenged.

A level 3 advanced class will be held on **Monday, December 7, 1:00 – 2:30 p.m.** This class is designed for those individuals who have attended the beginning class or its equivalent (please check with instructor), and are comfortable getting up from the floor with aid of a chair. For more information about the workshops, call the Senior Center at 757-5696 or Marg at 753-6060. The cost is \$12 for Davis residents.

GUIDED RELAXATION THROUGH VISUALIZATION MEDITATION TECHNIQUES

Guided imagery is used to focus the mind and induce relaxation which can help reduce

anxiety, manage stress, and help you sleep better. Classes will be held on **Tuesdays, December 15 & 22, 1:00 – 2:00 p.m.** Newcomers are encouraged to join. Sign up for this free program by calling 757-5696 or stop by the front desk.

ONGOING FITNESS CLASSES

For more information, inquire at the Senior Center office, 757-5696. We encourage you to speak with your doctor before starting any exercise program to ensure your health & safety.

Balance – Level 3 **Dec 7**
(M, 1:00 – 2:30 p.m.) \$12 res/\$18/\$25 non-res

Dynabands **Thru – Dec 22**
(T, Th 2:30-3:30 p.m.) \$10 res/\$16/\$23 non-res

Dynabands **Thru – Dec 23**
(MWF, 2:00-3:00 p.m.) \$12/res/\$18/\$25 non-res

Feldenkrais **Dec 1 - 15**
(MWF, 10:15 – 11:15 a.m. \$16 res/\$22/\$29 non-res

Feldenkrais **Dec 1 - 15**
(MWF, 11:30 – 12:30 a.m. \$16 res/\$22/\$29 non-res

Fitness for Life – Adv. **Dec 2 - 23**
(MWF, 7:30-8:30 a.m.) \$35 res/\$41/\$48 non-res

Fitness for Life – Beg. **Dec 2 - 23**
(MWF, 8:45-9:45 a.m.) \$35res/\$41\$48 non-res

Line Dance **Dec 2 - 23**
(W, 3:30-4:30 p.m.) \$16 res/\$22\$29 non-res

Tai Chi/Chi Gung **Dec 1 - 22**
(T, 9:00-10:00 a.m.) \$20 res/\$26/\$33 non-res

Tap Dancing **Ongoing**
(M, 3:00-4:00 p.m.) Free

Walk n' Talk **Ongoing – Join anytime!**
(MWF, 8:45-9:45 a.m.) No Fee

Yoga – Intermediate **Dec 3 – 21**
(M,Th, 8:05 -10:05 a.m.) \$60 res/\$66/\$73 non-res

Yoga – Chair **Dec 3 – 21**
(M,Th, 10:30-11:30 a.m.) \$32 res/\$38/\$45 non-res

Zumba **Dec 4 - 18**
(F, 12:30 – 1:15 p.m.) \$12 res/\$18/\$25 non-res

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.

No meeting in December for the following groups:
Breathers, Parkinson's and Prostate Cancer

ALZHEIMER'S SUPPORT GROUP – Wednesday,
December 16 at 10:00 a.m.

DAVIS PERIPHERAL NEUROPATHY SUPPORT GROUP - Tuesday, December 1 at 3:30 p.m.
Everyone is welcome. Contact Mary Sprifke, 756-5102 for more information.

MEN'S GROUP – Wednesday, December 16 at 10:00 a.m. The group meets one week early this month.

TRANSITIONS GROUP - Wednesdays, December 9 and 23 at 10:00 a.m.

SPECIAL INTEREST GROUPS

BINGO (SCD Style)

Whether you enjoy playing the Indian Star, Six & Nine Pack, 2 Postage Stamps, Railroad, the Kite or Blackout, we have it all at our weekly Bingo game held every **Thursday, 12:30 - 3:00 p.m.**, and on **Saturday, December 12 from 12:30 - 3:00 p.m.** (This is one week earlier than usual due to the holidays.) Snacks are provided. The cost is 25¢ per card for two games.

BOOK REVIEW AND SENIOR READS

There will be no meeting in December.

CURRENT EVENTS DISCUSSION GROUP

The discussion group will meet on **Friday, December 4 & 18, 2:00 p.m.** Everyone is welcome to drop in and join the discussion. Historical and timely events of interest are featured.

GENEALOGY CLUB & LIBRARY

Although our Club does not meet in December, our library remains open to the public on Wednesdays and Fridays from 1:00 to 4:00 p.m. Not only is our library very well stocked with genealogy-related books and computers for Internet research, it is also cozy and welcoming—another very good reason to come over for a visit on a chilly December day!

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

INTERNET USERS GROUP

Internet Users will not meet in December.

MAC USERS GROUP

This group will be meeting on **Tuesday, December 8, 6:30 - 8:30 p.m.** For more information, call Eric Thompson at 758-3098.

DANCE & JAM SESSIONS

All are invited to come, listen and dance to big-band music by our very own band, "Music From the Back Room." We will meet only once in December on **Friday, December 11 at 2:00 p.m.** because of the holiday.

NOSTALGICS

Do you like singing in the shower? Join other singing enthusiasts who love singing those "oldies but goodies" on **Fridays, 1:00 - 2:00 p.m.**



DSC QUEEN BEES

The ladies of the Queen Bees cordially invite you to their monthly "Game Day" to be held on **Friday, December 18, 1:00 - 3:00 p.m.** All you need is to bring a treat to share, and a willingness to giggle & truly have fun.

Join our Queen Bees group at the Senior Center, **Friday, December 11 at 1:00 p.m.** RSVP: Joyce 758-4757 no later than December 10.

DAVIS STAMP CLUB

Meets **Tuesday, December 1, 7:00 - 8:00 p.m.** For more information, call Anne Hance at 753-7265.

DAVIS TRAVELAIRES

A Non-Profit Travel Organization

Kay Jeffery, Executive Director

646 A Street, Davis, CA 95616

Office Hours: M, W, F 10 a.m. - 2 p.m.

(530) 753-4159

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

December 2 – Poinsettia Farm – Wait list.

December 15 – Roseville Galleria shopping

Holiday shop or just people watch and have a nice lunch. A great day away. \$30.

December 24 – 26 – Christmas in Yosemite –

\$850 pp dbl., ss add \$270.

January 12, 2010 – King Tut exhibit at the

deYoung – Wait list.

January 20 – Skylark, A Tribute to Johnny

Mercer – Highlights of Mercer's hits such as "Skylark," "Old Black Magic," "Moon River" and "Autumn Leaves." Lunch at Café Mason. \$105.

February 17 & 18 – Snow Train – Treat yourself

to a winter holiday! Ride the Amtrak train thru the snow-capped Sierra to Reno. Overnight at the Silver Legacy, \$5 cash and \$3 food coupon. Enjoy the evening at leisure. Next day 4-hour stop at the Nugget with \$8 cash and \$2 food coupon. Note: All proceeds benefit Davis Senior Center. \$160 pp dbl.

February 26 – March 2 – Pasadena, the

Huntington and the two Gettys. Architectural tour of Art Deco and Craftsman-style Pasadena. Visit the Getty Villa with audio. A day at the Huntington Library, Art Collections and Botanical Gardens. Visit the Getty Center with audio. Visit Griffith Observatory, docent tour of Clark Center for Japanese Art & Culture, docent tour of the Black Gold Exhibit at the Kern County Museum. Dinner at Tam O'Shanter Inn, four nights at the Glendale

Hilton with daily breakfasts. \$799 pp dbl, ss add \$355.

March 18 – Churches of San Francisco – Their architecture and history - Lunch at the Blue

Muse. \$87.

April 12 – Eleven Roses Ranch – In Lake County, step back in time on this working cattle and hay ranch which has been in the owner's family since 1883. A mule-drawn wagon ride will take us around the ranch and through fields of wildflowers as the owners relate the legend and lore of the area. Enjoy also Lake County's award-winning wines and a barbeque tri-tip lunch. \$105.

April 21 – 26 – Branson – A six-day tour to America's entertainment capital, Branson, MO.

Includes round-trip air, five nights accommodations, four breakfasts, one champagne brunch, five dinners and some fabulous shows. You're sure to love Branson! Trip insurance included. \$1995 pp dbl., ss add \$295.

May 28 – 30 – Mule Days in Bishop and a

Mammoth Holiday Getaway – You'll laugh at the antics and be surprised at the intelligence and beauty of these mules. Includes the Mule Day Parade, coffee and pastry at Galen Rowell's Mountain Light Gallery, dinner at the fabulous French restaurant at Convict Lake, a visit to Devils Postpile National Monument, dinner at Chart House and lunch at Bridgeport Inn. \$525 pp dbl., ss add \$115.

July 31 – August 10 – Cruise along the Norwegian Coast aboard the mail boat Midnatsol. See Travelaires office.

Travelaires who take overnight and day trips are required to park their cars on the east side of A Street and the south side of 7th Street. Parking permits are available at no charge and will be distributed by the escort at the Senior Center bus departure location. The permits are to be returned to the escort at the end of the trip.

Davis Senior Center Activities – December 2009

Monday	Tuesday	Wednesday	Thursday	Friday
Room Key Multi Purpose Room East – MP2 Multi Purpose Room West – MP1 Game Room – G Library – Lib Activity Room – A Valente Room – V Lobby – Ly Lounge – Lg Strikethrough indicates No Class that day	1 9:00am Ceramics (V) 11:00am SCD Luncheon/Business Mtg. (MPR) 1:00pm Bridge/Pinochle (Lg) 2:30pm Dynabands * (MP2) 3:30pm Peripheral Neuropathy Group (G) 7:00pm Stamp Club (G)	2 7:30am Fitness For Life* & 8:45 am (MP2) 8:45am Walk N' Talk/Pehlke Pacers (Ly) 9:00am Peer Counselors Meeting (G) 10:15am Global Laughter Club* (G) 1:00pm Hem & Haw (A) 1:00pm Linus Project(V) 1:00pm Poker (Lg) 1:00-4:00pm Genealogy Library Hours (Lib) 2:00pm Dynabands* (MP2) 3:30pm Line Dance* (MP2)	3 Last day to buy tickets to Holiday Dinner Dance 8:05am Intermediate Yoga* (A) 9:00am Craft Class* (V) 9:00am Holiday Craft Affair Sale (MPR) 9:30am Memoirs* (G) 10:30am Chair Yoga* (A) 12:30pm Bingo(V) 2:30pm Dynabands * (MP2)	4 7:30am Fitness For Life* & 8:45 am (MP2) 8:45am Walk N' Talk/Pehlke Pacers (Ly) 9:30am Memoirs* (A) 9:30am Watercolor Painting (V) 12:15pm Video Movie(G) 12:30pm Zumba* (MP2) 1:00pm Nostalgics (MP1) 1:00-4:00pm Genealogy Library Hours (Lib) 2:00pm Current Events (A) 2:00pm Dynabands (MP2) 2:00pm Chinese Culture Corner (MPR1)
7 7:30am Fitness For Life* & 8:45 am (MP2) 8:05am Intermediate Yoga* 10:30am Chair Yoga* (A) 8:45am Walk N' Talk/Pehlke Pacers (Ly) 9:00am Oil/Acrylic Painting (V) 12:30pm Duplicate Bridge (MP1) 1:00pm Gaining Balance - Advanced (A) 1:00pm Scrabble/Bridge/Mah Jongg/Canasta (G) 2:00pm Dynabands* (MP2) 3:00pm Tap Dancing (V) 6:00pm Social Bridge (G)	8 9:00am Ceramics(V) 9:00am Tai Chi* (MP2) 10:15am Feldenkrais* (A) 11:30am Feldenkrais* (A) 10:30am Blood Pressure Check (MP1) 1:00pm Bridge/Pinochle (Lg) 1:00pm 10 Things You Need to Know About Rome 2:30pm Dynabands * (MP2) 6:00pm Holiday Dinner Dance*(MPR) 6:30pm Mac Users Group (A)	9 7:30am Fitness For Life* & 8:45 am (MP2) 8:45am Walk N' Talk/Pehlke Pacers (Ly) 10:00am Transitions Group (Lib) 10:15am Global Laughter Club* (G) 1:00pm Hem & Haw (A) 1:00pm Poker (Lg) 1-4:00pm Genealogy Library Hours (Lib) 2:00pm Dynabands* (MP2) 3:30pm Line Dance* (MP2)	10 8:05am Intermediate Yoga* (A) 9:00am Painting with Sandy* (V) 9:30am Memoirs* (MP2) 10:30am Chair Yoga* (A) 12:30pm Bingo(V) 2:30pm Dynabands * (MP2) 2:30pm Senior Commission Mtg. (MP1)	11 7:30am Fitness For Life* & 8:45 am (MP2) 8:45am Walk N' Talk/Pehlke Pacers (Ly) 9:30am Watercolor Painting (V) 9:30am Memoirs* (A) 12:15pm Video Movie(G) 12:30pm Zumba* (MP2) 1:00pm Nostalgics (MP1) 1:00pm Queen Bees (V) 1:00-4:00pm Genealogy Library Hours (Lib) 2:00pm Dynabands* (MP2) 2:15pm Jam Session & Dance (MP1) Sat., Dec. 12, 12:00 – 3:00 pm SCD Bingo (V)
14 7:30am Fitness For Life* & 8:45 am (MP2) 8:05am Intermediate Yoga* 10:30am Chair Yoga* (A) 8:30am Veterans Services 8:45am Walk N' Talk/Pehlke Pacers (Ly) 9:00am Oil/Acrylic Painting (V) 12:30pm Duplicate Bridge (MP1) 1:00pm Genealogy 1:00pm Scrabble/Bridge/Mah Jongg/Canasta (G) 2:00pm Dynabands* (MP2) 2:00pm Legal Assistance* 3:00pm Tap Dancing (V) 6:00pm Social Bridge (G)	15 9:00am Ceramics(V) 9:00am Tai Chi* (MP2) 9:30am Book Review (G) 10:15am Feldenkrais* (A) 10:30am Senior Center Reads (G) 11:30am Feldenkrais* (A) 1:00pm Bridge/Pinochle(Lg) 1:00pm Guided Relaxation 2:30pm Dynabands * (MP2)	16 7:30am Fitness For Life* & 8:45 am (MP2) 8:45am Walk N' Talk/Pehlke Pacers (Ly) 10:00am Alzheimer's Support Group (Lib) 10:00am Men's Group (A) 10:15am Global Laughter Club* (G) 11:00am Food Distribution (MP2) 11:00am King High Band - World Music 1:00pm Hem & Haw (A) 1:00pm Poker (Lg) 1:00-4:00pm Genealogy Library Hours (Lib) 2:00pm Dynabands* (MP2) 3:30pm Line Dance*	17 8:05am Intermediate Yoga* (A) 9:00am HICAP Appts* 9:00am Painting with Sandy* (V) 9:30am Memoirs* (MP2) 10:30am Chair Yoga* (A) 12:30pm Bingo (V) 2:30pm Dynabands * (MP2)	18 7:30am Fitness For Life* & 8:45 am (MP2) 8:45am Walk N' Talk/Pehlke Pacers (Ly) 9:30am Watercolor Painting (V) 9:30am Memoirs* (A) 12:15pm Video Movie(G) 12:30pm Zumba* (MP2) 1:00pm Nostalgics (MP1) 1:00-4:00pm Genealogy Library Hours (Lib) 1:00pm Queen Bees – Game Day (V) 2:00pm Current Events (A) 2:00pm Chinese Culture Corner (MPR1) 2:00pm Dynabands (MP2)
21 7:30am Fitness For Life* & 8:45 am (MP2) 8:05am Intermediate Yoga* 10:30am Chair Yoga* (A) 8:30am Veterans Services 8:45am Walk N' Talk/Pehlke Pacers (Ly) 9:00am Oil/Acrylic Painting (V) 12:30pm Duplicate Bridge (MP1) 1:00pm Scrabble/Bridge/Mah Jongg/Canasta (G) 2:00pm Dynabands* (MP2) 3:00pm Tap Dancing (V) 6:00pm Social Bridge (G)	22 9:00am Ceramics(V) 9:00am Tai Chi* (MP2) 10:15am Feldenkrais* (A) 11:30am Feldenkrais* (A) 1:00pm Bridge/Pinochle (Lg) 1:00pm Guided Relaxation 2:30pm Dynabands * (MP2) 7:00pm Internet Users Group (A)	23 7:30am Fitness For Life* & 8:45 am (MP2) 8:45am Walk N' Talk/Pehlke Pacers (Ly) 10:00am Transitions Group (Lib) 10:15am Global Laughter Club* (G) 1:00pm Hem & Haw (A) 1:00pm Poker (Lg) 1:00-4:00pm Genealogy Library Hours (Lib) 2:00pm Dynabands*(MP2)3:30pm Line Dance*(MP2)	24 ENP lunch & Meals on Wheels served Senior Center programs Closed	25 Christmas Day Holiday Senior Center and Elderly Nutrition Program Closed
28 ENP lunch & Meals on Wheels served Senior Center programs Closed	29 ENP lunch & Meals on Wheels served Senior Center programs Closed	30 ENP lunch & Meals on Wheels served Senior Center programs Closed	31 ENP lunch & Meals on Wheels served Senior Center programs Closed	* Indicates need to register in advance, and/or by appointment Please call 757-5696 Transportation Services 757-4408 Senior Center Office 757-5696

**Elderly Nutrition Program in Yolo County
People Resources, Inc**

December 2009

	Tuesday Dec 1	Wednesday Dec 2	Thursday Dec 3	Friday Dec 4
\$3.00 Suggested Senior Contribution Mandatory charge of \$3.50 for Essential Volunteers (under 60)	SCD Luncheon/Meeting * No ENP Meal Today MOW Delivery Only	*Fruit Juice+ **Lasagna w/Beef *Garden Salad* *Garlic Bread	*Lentil Soup* **Tuna Sandwich w/lettuce & Pickle Spear **Crackers *Citrus Gelatin w/Fruit+	Chicken Fried Steak w/Country Gravy *Mashed Potatoes+ *Peas & Carrots* *Biscuit *Apricot Halves*
Monday Dec 7	Tuesday Dec 8	Wednesday Dec 9	Thursday Dec 10	Friday Dec 11
Turkey Trazzini w/Pasta Capri Vegetable Blend *Whole Wheat Bread *Fresh Fruit+	**Seafood Chowder* Tossed Green Salad *Oyster Crackers *Raspberry Parfait+	*Fruit Juice+ BBQ Chicken *Barley Bake *Coleslaw+* *Whole Wheat Bread	*Old Fashioned Meatloaf w/Gravy *Scalloped Potatoes+ Chef's Blend Vegetables+* *Honey Wheat Roll *Fresh Fruit	Savory Pork Chop *Whipped Sweet Potatoes*+ Green Beans **Gingerbread *Applesauce
Monday Dec 14	Tuesday Dec 15	Wednesday Dec 16	Thursday Dec 17	Friday Dec 18
**Macaroni & Cheese Stewed Tomatoes Country Vegetable Blend+ *Biscuit *Fresh Fruit+	Chicken Marsala *Quinoa w/ Vegetables* *Whole wheat Bread *Tropical Fruit+	<i>Holiday Celebration</i> *Baked Ham *Maple Glazed Butternut Squash* Broccoli Gratin+ **Ambrosia+ *Dinner Roll Higher Sodium **Holiday Pie* Meal	*Leticia's Arroz Con Pollo+ *Refried Beans w/Lime Tossed Green Salad *Winter Fruit Medley+	Crispy Baked Fish w/Tartar Sauce *Creamy Cottage Potatoes+ *Steamed Baby Carrots* *Wheat Bread *Pears
Monday Dec 21	Tuesday Dec 22	Wednesday Dec 23	Thursday Dec 24	Friday Dec 25
*Mushroom Chicken *Couscous *Cauliflower+ *Whole Wheat Bread *Peaches	*Pepper Steak w/Bell Peppers *New Potatoes *Sweet Peas *Whole Wheat Roll *Juice+	<i>Happy Birthday</i> *Cheese Ravioli w/Parmesan Sauce Italian Blend Vegetables* *Baguette *Fresh Fruit+ **Birthday Cake	*Yorkshire Beef *Lemon Glazed Beets *Wheat Roll *Fruit Juice+	<p style="text-align: center;"><i>Closed Christmas Day</i></p>
Monday Dec 28	Tuesday Dec 29	Wednesday Dec 30	Thursday Dec 31	
Hearty Chili Con Carne California Blend Vegetables+ *Cornbread Muffin *Fresh Fruit	Chicken Breast *Bread Stuffing w/Gravy Mixed Vegetables* *Rye Krisp Crackers *Citrus Salad+	**Hamburger w/Bun Lettuce/Onions/Condiments *Oven Fried Potatoes+ *Buttery Corn *Banana+	Celebrate New Years *Seafood Crepe (contains shrimp) *Brown Rice Higher Sodium Steamed Spinach Meal *Wheat Roll *Fruit Juice+ **Happy New Year Cake	\$7.00 GUEST FEE for people under 60 unless accompanied by their senior spouse

Congregate Dining Sites

Reservations/Cancellations must be made by noon the day before by calling the site:

Davis Senior Center	West Sac Senior Center	Winters Community Center	Woodland Senior Center	Knights Landing/Esparto
646 A Street	664 Cummins Way	201 Railroad Avenue	2001 East Street	662-7035
757-5541	(916) 373-5805	795-4241	668-0974	

Elderly Nutrition Program Main Office Woodland 662-7035

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