

# Senior Scene



Transportation: (530) 757-4408  
**Volume XXXVI Number 3**  
\$10.00/Year Subscription

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**March 2009**  
[www.cityofdavis.org/cs/seniors/](http://www.cityofdavis.org/cs/seniors/)

## 10 MUST-EAT FOODS FOR THE GOLDEN YEARS

Are you eating the right foods for more energy and better health? Learn how foods, such as yogurt with probiotics, asparagus, salad greens and chocolate can help you fight off infections and feel more energized.



Liz Applegate, Ph.D., Director of Sports Nutrition at UC Davis, will be at the Senior Center **Friday, March 6 at 10:00 a.m.** to give a

presentation on nutrition that you won't want to miss! Please call 757-5696 to register.

## ST. PATRICK'S DAY CELEBRATION

Join us for coffee, tea and dessert as we enjoy musical entertainment by fiddle players on **Tuesday, March 17, 12:15 - 1:30 p.m.** Enjoy Irish stew for lunch and stay for the entertainment, call 757-5696 to sign up.



## CHEMISTRY MAGIC SHOW

You won't want to miss the UC Davis Chemistry Club

presenting their popular Magic Show here at the Senior Center **Friday, March 27, 10:10 -**

**11:00 a.m.** A variety of demonstrations will

showcase how exciting chemistry can be! The program includes recipes for instant coca cola and home-made beer, self-heating lemon meringue pie, and frozen bananas, as well as light entertainment, such as home made fireworks, fire ignited by ice, and our popular exploding balloons. Call 757-5696 to reserve your seat.



Wowie-zowie chemistry

## IRISH POETRY

On **Friday, March 13, 10:00-11:00 a.m.**, Jim McElroy of the UC Davis English department, a native of Belfast, will be at the Senior Center to read, discuss and explore Irish poetry. Please call the front desk, 757-5696 to register.

## SENIOR CITIZENS OF DAVIS Building for a Better Tomorrow

### SCD CELEBRATES ST. PARTICK'S DAY



Dust off your lucky shamrocks early and join in the wearing of the green as SCD celebrates St. Patrick's Day, **Tuesday, March 3, at 11:30 a.m.**

Lunch will be served about 12:00 noon following a short meeting.

Atria Covell Gardens is catering this wonderful luncheon menu of corned beef and cabbage with carrots, peas and celery, steamed Irish potatoes, with mushroom and feta cheese quiche. Salads with tomato, watercress and shrimp with Russian dressing, broccoli salad and carrot and raisin salad. The regular SCD appetizers, plus punch and birthday cake will be available.

Entertainment will be song and dance by the "Sunshine Tappers" beginning about 1:00 p.m. after lunch.

Please sign up early. We have a special price this month of \$5 for members and \$8 for non-members.

### NO SCD APRIL LUNCHEON

Instead of our regular first Tuesday luncheon, SCD will partner with the Davis Senior Center to host the annual **International Party** on **Wednesday, April 15**. Mark your calendar and look for more information on page 6.

### NURSING SCHOLARSHIP FUND SOCIAL

SCD will officially announce the establishment of our new UC Davis School of Nursing "Scholarship Endowment Fund" at the Davis Senior Center on **Thursday, March 26, 2:00 – 4:00 p.m.** Details about the Scholarship and how it will benefit the Davis Senior Center and our SCD membership will be discussed by officials from the UC Davis School of Nursing and other invited dignitaries.

Coffee, tea, punch and a variety of sweets will be served.

If you plan to attend please sign up at the Senior Center front desk, 757-5696.

### SUNSHINE LADY

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

*Get well* cards to Gloria Faupel, Mort Schwartz, Verna Travell, Mary Baker, Kay Jeffery and Dawn Preisler.

*Thinking of You* cards to Betty & Earl Lentz, Verna Travell and Gloria Faupel.

*Sympathy* card to family of Sue Richey, Kathleen (Kitty) Boosembark for death of son, Edward, John Zaro & family for death of wife, Julie, Jeanette Gonzales for death of son, family of Barbara Lombos, Lucille Jones for death of son.

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.

### 2009 Board of Directors

<i>President -</i>	<i>Wes Penny</i>
<i>Vice President -</i>	<i>Betty Iams</i>
<i>Secretary -</i>	<i>Barbara Hodson</i>
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<i>Sunshine -</i>	<i>Eileen Byrne</i>
<i>Technology &amp; Marketing Svcs -</i>	<i>John Gerlich</i>

### A SPECIAL THANK YOU

On behalf of the SCD Board and the Elderly Nutrition Program family, we thank each supporter of our first SCD-ENP/Meals-On-Wheels Benefit Luncheon held on February 3. It was a great success, earning over \$800 for the Elderly Nutrition Program. Plan now to help us meet our goal of \$1,000 for our second luncheon on June 2.

As usual, our kitchen volunteers performed their magic and continue to earn our gratitude.

### DAYLIGHT SAVINGS TIME IS COMING

Don't forget to turn your clocks ahead one hour for Daylight Savings on **Sunday, March 8**.



**THE GIFT OF GIVING**

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

Duplicate Bridge – Monday	\$ 62
Handy Helpers	\$ 10
Hem & Haw (SCD)	\$119
Information & Assistance	\$ 12
Medical Equipment Donations	\$161
Miscellaneous	\$ 72
Nostalgics	\$ 13
Piano Donations	\$ 20
Tuesday Pinochle	\$ 10
Watercolor Class Donation	<u>\$150</u>
Total	\$629

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

## FRIENDSHIP CAFÉ & NUTRITION EDUCATION

**MEAL HIGHLIGHTS**

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



**Friday, March 17, “Happy St. Patrick’s Day.”** Come for Irish stew, cabbage wedge, rye bread, and Emerald Isle dessert.

**Wednesday, March 25, “Happy Birthday.”** Come try our crispy fish fillet with tartar sauce, twice baked potatoes, Capri blend vegetables, roll, fruit juice and birthday cake.

**Monday, March 30 is “Mystery Meal Day.”** Come and enjoy the mystery.

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**

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

*\*unless accompanied by senior spouse*

**MOVIES**

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

**March 6 - Wall-E** - WALL-E, a garbage collecting robot has been left to clean up the mess on Earth. WALL-E is alone except for a sprightly pet cockroach. One day, Eve, a sleek (and dangerous) reconnaissance robot, is sent to earth to find proof that life is once again sustainable. WALL-E falls in love with Eve.

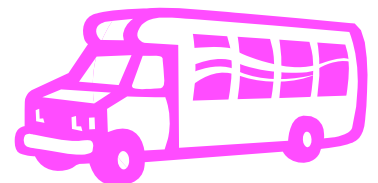
**March 13 - Waking Ned Devine** - Two elderly best friends go to great lengths to find the winner of the national lottery so they can share the wealth. When they discover the "lucky" winner, Ned Devine, has died of shock, the village enters a pact to pretend Ned is still alive by having another man pose as him, so they can share the money between them.

**March 20 - Mama Mia** - Set on a colorful Greek island, the plot serves as a background for a wealth of ABBA songs. A young woman about to be married discovers that any one of three men could be her father. She invites all three to the wedding without telling her mother, Donna, who was once the lead singer of Donna and the Dynamos.

**March 27 - Harold and Maude** - Harold is a depressed, death-obsessed 20-year-old man/child who spends his free time attending funerals and pretending to commit suicide. Harold befriends Maude, a 79-year-old woman who has a zest for life. She and Harold spend much time together during which she exposes him to the wonders and possibilities of life.

**TRANSIT INFORMATION****DAVIS COMMUNITY TRANSIT**

We are proud to announce that last month our driver Ryan graduated from the California Regional Fire Academy and is officially a firefighter!



As many of you have noticed the days are very busy at DCT and we are doing the best that we can to meet your transportation needs. We continue to register new

customers monthly. As the service continues to grow it is important that we are all clear and consistent with policies and procedures.

Safety is our number one priority! Please remember to *never* stand on the bus while the bus is in motion. Pick-up and drop-off locations are determined and designated with the customer's safety in mind. If you have any questions please feel free to contact the office at 757-4408.

### INFORMATION & ASSISTANCE

#### **TAX ASSISTANCE PROGRAM**

The Senior Center continues offering free tax preparation services by experienced volunteers for low- and moderate-income individuals. Appointments continue on Mondays, Tuesdays and Wednesdays through Tuesday, April 14. Appointments are one hour in length, and can be made by calling the office at 757-5696.

Please remember to bring the following information to your appointment: 2008 State and Federal Tax Forms, all W2 statements, all 1099 statements, Social Security earnings statement, all investment records, copy of last year's state and federal tax returns, amount of your 2008 Economic Stimulus Payment, records of real estate tax payments (even if you do not itemize deductions) and any other pertinent tax information.

If you have to cancel or reschedule your appointment, please call 757-5696 right away so that we might accommodate others. The services offered by AARP's Tax Aide Program are free. However, donations to the Davis Senior Center are always welcome to help offset the costs of photocopying and mailing reminders.

#### **HEALTH CARE WISHES**

A new law, authored by Assemblywoman Lois Wolk, went into effect January 1 regarding POLST (Physician Orders for Life-Sustaining Treatment). The law requires that, if an individual has a POLST form, it must be honored. This requirement applies to all healthcare professionals and providers, including hospitals, nursing facilities, and first responders. The requirement applies even if the physician who signed the form does not have privileges at the hospital or nursing facility providing care. In exchange for honoring the individual's wishes, the law provides immunity.

The law does *not* mandate use of the form. Other do-not-resuscitate (DNR) forms are still valid.

POLST is a physician's order that outlines a plan of care reflecting the patient's wishes concerning care at life's end. The form is voluntary and intended to help you and your health professional develop plans to reflect your wishes. It is also designed to assist physicians, nurses, health care facilities, and emergency personnel to honor your wishes for life-sustaining treatment.

Information and copies of the POLST form are available online at [www.finalchoices.calhealth.org](http://www.finalchoices.calhealth.org) Copies of an information sheet and the form are also available at the Davis Senior Center for a \$2.00 donation.

#### **DMV TESTS**

Is it time to renew your driver's license? The California Department of Motor Vehicles makes available sample written tests. They are accessible online at [www.dmv.ca.gov](http://www.dmv.ca.gov) You may also pick up copies of the sample tests with answers at the senior center for a \$2.00 donation.

#### **HANDY HELPERS WANT TO WORK!**

The volunteers who make up the Senior Center's Handy Helpers Program are willing and ready to assist with your minor home repair projects, including plumbing, caulking, electrical, fencing, screen repairs, light bulb changes, etc. There is no charge for the labor involved. You pay only for the costs of materials. Call 757-5696.

Unfortunately, the program cannot help with gutter cleaning, roof repair or any large projects, including those requiring city permits.



#### **ROADWISE REVIEW – A TOOL TO HELP SENIORS DRIVE SAFELY LONGER**

Have you ever wondered about your driving abilities? Well, now you can test your driving skills conveniently and confidentially! The Senior Center offers periodic appointments to use this interactive CD-ROM computer program, produced by the American Automobile Association. You do not need to be computer savvy for this assessment. We have a volunteer to help you with every step. For more information or to schedule your appointment, please call the office at 757-5696.

## HEALTH & WELLNESS

### ONGOING FITNESS CLASSES

We offer many fitness classes that can help you reach your fitness goals. For more information, inquire at the Senior Center office, 757-5696.

<b>Beginning Balance Workshop</b> (M 1:00-2:30 p.m.)	<b>Mar 2</b> \$10/res/\$16/\$22 non-res
<b>Dynabands AM</b> (T, Th 7:30-8:30 a.m.)	<b>Mar 3 – Apr 30</b> \$15res/\$21/\$27 non-res
<b>Dynabands PM</b> (MWF, 2-3:00 p.m.)	<b>Mar 2 – May 1</b> \$20/res/\$26/\$32 non-res
<b>Feldenkrais (continuing)</b> (T, 10:15-11:15 a.m.)	<b>Mar 3 – 31</b> \$25 res/\$31/\$37 non-res
<b>Feldenkrais (new students)</b> (T, 11:30 a.m.-12:30 p.m.)	<b>Mar 3 – 31</b> \$25 res/\$31/\$37 non-res
<b>Fitness for Life - AM</b> (MWF, 7:30-8:30 a.m.)	<b>Mar 2 – 30</b> \$39 res/\$45/\$51 non-res
<b>Fitness for Life - PM</b> (T, Th, 2:00-3:00 p.m.)	<b>Mar 3 – 31</b> \$27res/\$33/\$39 non-res
<b>Tai Chi/Chi Gung</b> (T, 9:00-10:00 a.m.)	<b>Mar 3 - 31</b> \$23 res/\$29/\$35 non-res
<b>Tap Dancing</b> (M, 3:00-4:00 p.m.)	<b>Ongoing</b> Free
<b>Walk n' Talk</b> (MWF, 8:45-9:45 a.m.)	<b>Ongoing – Join anytime!</b> No Fee
<b>Yoga – Intermediate</b> (M,Th, 8:15-10:15a.m.)	<b>Mar 9 – Apr 2</b> \$75 res/\$81/\$88 non-res
<b>Yoga – Chair</b> (M,Th, 10:30-11:30 a.m.)	<b>Mar 9 – Apr 2</b> \$40 res/\$46/\$52 non-res

*As with any exercise program, we encourage you to speak with your doctor before starting any exercise program to ensure your health & safety.*

### GAINING BALANCE WORKSHOP

Want to learn some simple movement practices that can increase your stability and decrease your risk of falling? Attend the beginning level Gaining Balance Workshop on **Monday, March 2, 1:00 - 2:30 p.m.** at the Davis Senior Center. Cost is \$10.00. Space is limited and pre-registration is required.

The session will include movements designed to improve stability and alignment with attention to feet, ankles, and torso; techniques to regain balance; and various ways to get up from the floor. Participants should dress comfortably in layers, and may take the workshop more than once to gain additional practice and confidence.

Instructor Marg Bartosek has taught at the Davis Senior Center for the past 18 years. She draws on her expertise in the Feldenkrais Method® of Movement Education and the Bones for Life® Program to complement traditional balance exercises. For more information or if you have questions, call Marg at 753-6060.

To register, call the Senior Center, 757-5696.

A third beginning-level workshop will be offered on **Monday, April 20** with a follow-up intermediate level session on **Monday, March 16**.

### NORDIC WALKING CLASS

Nordic walking can turn your daily walk into a total-body workout. It's different than trekking with poles for support. It's a way to use poles to burn more calories and enhance the cardio aspects of your workout – without walking faster or longer. Leki certified instructor Kendra Densmore will hold a three-week Nordic Walking course beginning **Monday, March 16, 9:30 - 10:30 a.m.** Poles will be provided to class participants. The class is limited to six people. Those who are interested must be steady on their feet and able to briskly walk about 1.5 miles. The series cost is \$30 for three lessons. Register at the Senior Center.



**SELF DEFENSE FOR SENIORS**

The Davis Senior Center's new self-defense class for seniors is free and will be held **Friday, March 20, 10:00 -11:00 a.m.** Self defense for seniors focuses on being prepared and aware.

Participants will learn about strategies and techniques such as being aware of surroundings, parking in well-lit areas, having car or house keys in hand, and walking with a purpose. A black-belt instructor will demonstrate techniques to use if a dangerous situation occurs and give tips on how to defend yourself and how to remain safe as you enjoy walks in your neighborhood or travel to shopping centers or public places. To reserve a place in the program, call 757-5696.

**ZUMBA IS ALL THE RAGE**

Zumba is a fun and easy way to burn calories through high-energy Latin dance music. The Senior Center will offer this exciting weekly class **beginning Friday, March 6.**

NO dance experience is necessary and all fitness levels are welcome. Wear comfortable clothes and tennis shoes and come prepared to have fun! \$16 for Session I (four classes) Instructor, Rika Maatsuda encourages anyone in a wheelchair or with mobility issues to join.

**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).

**MISCELLANEOUS****AARP DRIVERS SAFETY RENEWAL CLASS**

If you have taken the full 2-day AARP Driver Safety class within the last three years, you can take a shortened renewal class and still get your certificate. On **Wednesday, March 4, 8:30 a.m. - 12:30 p.m.**, instructor Claudine Olsson will offer the shortened class at the Senior Center. Class size is limited and you need to sign up in advance. Your check should be made out to AARP for \$12 per person for AARP members, \$14 for non members.

**"VIVA ITALIA!" – INTERNATIONAL PARTY**

Save the date for "Viva Italia!" A celebration of the Italian culture on **Wednesday, April 15 from 11:30 to 2:00 p.m.** Tickets go on sale March 16. Tickets are \$5 per person and will include a wonderful Italian buffet, as well as exciting entertainment and raffle prizes!

SCD is partnering with the Senior Center to host this year's Italian-themed International Party.

**NATIONAL SENIOR HEALTH & FITNESS DAY!**

Mark your calendars for **Wednesday, May 27** as we will celebrate National Senior Health & Fitness Day. This day will be filled with activities and fitness/exercise education materials, and we encourage everyone to join us for our annual fitness walk. Look for more details in the April and May newsletters.

**LOBBY RENOVATION COMING APRIL**

Disabled residents have long struggled with accessing the reception/registration desk in the front lobby of the Davis Senior Center. A lobby renovation project was approved in 2007, and funds were made available through a Community Block Grant specifically designed for renovation projects which create accessibility for the disabled. The project will tentatively begin Monday, April 20 and end Friday, May 1.

The renovation includes a larger registration desk which is wheelchair accessible and incorporates space for our volunteer greeters. New

carpeting will be installed in the A street lobby, hallway, and 7<sup>th</sup> street lobby area. (Rips in the existing carpeting have created a tripping hazard.)

Although we do not anticipate canceling classes during the project, noise from construction may impact programs and classes. The front desk will temporarily be relocated, but full service will still be provided. Lobby areas may be blocked and alternate entrances to the building will be posted. We thank you for your patience and look forward to greeting you from a new improved counter in May.

### **PAINTING SCHEDULED**

On **Tuesday and Wednesday, March 10 and 11**, city crews will be painting the multi-purpose rooms at the Senior Center. As a result, some activities will be moved or cancelled for those days only.

On Tuesday, March 10 all classes usually scheduled in MPR 2 will move to MPR 1 - classes include Dynabands a.m., Tai Chi, Fit for Life p.m. The lunch program and blood pressure clinic will move to the Valente Room. Unfortunately, we will have to cancel ceramics on March 10.

On Wednesday, March 11 the lunch program will remain in the Valente Room to allow for painting in MPR 1.

### **HISTORY OF CHOCOLATE**

On **Wednesday, April 8, 3:00 - 4:00 p.m.**, Louis Grivetti, Professor of Nutrition Emeritus at UC Davis will present the rich, chocolate-related history of California from the Spanish and Mexican eras, through the Gold Rush era, into the 21st century.

Professor Grivetti has conducted research on American and international food patterns, whether from contemporary or historical perspectives. For the past 10 years, he and his team have been sponsored by Mars, Inc. to conduct research on the history of chocolate. He is co-editor with Howard-Yana Shapiro of a recently published book: *Chocolate: Culture, Heritage, and History*. Everyone is invited to this presentation, please RSVP at the front desk, 757-5696 so he knows how many chocolate samples to bring!



### **APPLEBEE'S BENEFIT BREAKFAST**

A special thank you to everyone who came to this year's fundraising breakfast event at the Davis Applebee's Restaurant. We were able to raise approximately \$500 to help support the Dianne Hinsz Memorial Scholarship Program! The program provides financial assistance to low-income seniors to attend fee-based classes offered through the Davis Senior Center.



We hope that everyone enjoyed themselves and hope to see all of you again in 2010. And a big thanks to Applebee's, which donated 100% of the proceeds to SCD to support the scholarship program.

## 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, March 18 at 10:00 a.m.

**BREATHERS SUPPORT GROUP** – Thursday, March 26 at 1:30 p.m.

**CREATING COMMUNITY LGBTEA** - is a new social group for lesbian, gay, bisexual, and transgender (LGBT) seniors.

Beginning **March 5 & 19**, meetings will be held **every first and third Thursday** of the month at **3:30 p.m.** in the Game Room. The purpose of the group is to expand social circles, exchange ideas, opinions, and offer support.



**MEN'S GROUP** – Wednesday, March 25 at 10:00 a.m.

**PARKINSON'S SUPPORT GROUP** – Tuesday, March 24 at 1:30 p.m.

**PROSTATE CANCER SUPPORT GROUP** – Monday, March 9 at 6:30 p.m. - Phil Summers will lead a discussion on "What's New?" Men who are seeking advice about various treatments are

encouraged to come, as we have survivors who have walked the path, and their case histories are filled with information to answer questions. For more information, call 758-8322 or 756-9153.

**TRANSITIONS GROUP - Wednesday, March 11 & 25 at 10:00 a.m.** Whether you're dealing with health problems, feeling blue, loss of a loved one, or just trials of aging, this group is a great place to find insight and support.

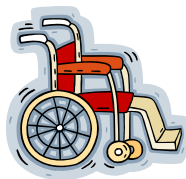
## SUPPORTIVE SERVICES

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 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/lab fees. For more information, please contact the office, 757-5696.
- **SENIOR CITIZENS COMMISSION** - The Commission will meet on March 12. 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)
- **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.

## 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, March 21 from 12:30 - 3:00 p.m.** Snacks are provided, and it costs only 25¢ per card for two games.



### BOOK REVIEW & SENIOR CENTER READS

Stan Forbes will be here for the book review on **Tuesday, March 17 at 9:30 a.m.** to review some of the new books currently available. The next meeting for Senior Center Reads will be **Tuesday, April 21 at 10:30 a.m.** The book that will be discussed is *The Zookeeper's Wife* by Diane Ackerman. Books are available for purchase at the front desk for \$13.00.



### CURRENT EVENTS DISCUSSION GROUP

The discussion group will meet on **Friday, March 6 & 20 at 2:00 p.m.** Anyone is welcome to drop in and join the discussion. Historical and timely events of interest are featured.

### GENEALOGY CLUB & LIBRARY

Please join us on **Monday, March 30 at 1:00 p.m.** This dynamic tandem presentation is not to be missed.

*"Visiting the Land of Your German Ancestors: Preparation and a Personal Experience"*

Lois Richter, a Davis Genealogy Club member, shares her recent research trip to Eastern Germany with slides, stories, and surprise results. Her first-person experience may inspire you. Lois

has been producing television shows since 1992. She hosts two radio shows on KDRT (95.7) in Davis and is a former research assistant at the Eastern Avenue Family History Center in Sacramento. She is also the designer of the club website.

Shirley Riemer, co-author of *Researching in Germany: A Handbook for Your Visit to the Homeland of Your Ancestors*, will present a brief description of available repositories in Germany and what information is and is not available there. Since 1992, Shirley has published *Der Blumenbaum*, the award-winning quarterly journal of the Sacramento German Genealogy Society and will make her 39th trip to Germany in August 2009.

Our library is open to the public on Wednesday and Friday from 1:00 to 4:00 p.m. 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.

### INTERNET USERS GROUP

Internet Users meet monthly on the fourth **Tuesdays, 7:00 - 8:30 p.m.** in the Activity Room. All are welcome to come and enjoy the programs.

On **Tuesday, March 24**, our topic is "Looking After Your Computer." What sort of maintenance does a computer need in order to keep it functioning efficiently? Are there things a user should do - or not do?

For more information: Anne Hance [rahance@dcn.org](mailto:rahance@dcn.org) <<mailto:rahance@dcn.org>> or Lois Richter 758-5058.

### MAC USERS GROUP

This group will be meeting on **Tuesday, March 10, 6:30 - 8:30 p.m.** For more information, Eric Thompson at 758-3098.

### MUSICIAN JAM SESSION & DANCE

All are invited to trip the "light fantastic" at our dance & musician jam session. Slip on those dancing shoes, and come enjoy our very own band, "Music From the Back Room." We will meet on **Fridays, March 13 & 27, at 2:15 p.m.**

**NOSTALGICS**

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

**RED HAT SOCIETY**

The ladies of the DSC Rockers cordially invite you to their monthly "Game Day" to be held on **Friday, March 20, 1:00 - 3:00 p.m.** All you need is to bring a treat to share, and a willingness to giggle, laugh & truly have some fun!

**RED HAT SOCIETY LUNCHEON****DSC ROCKERS**

Join our Red Hat Society group for "Lunch at Pasta Q"  
805 Second Street

**Tuesday, March 24 at 11:30 a.m.**

RSVP: Joyce at 758-4757 no later than March 23

**DAVIS STAMP CLUB**

The Davis Stamp Club will meet **Tuesday, March 3, 7:00 - 8:00 p.m.** For more information, call Anne Hance at 753-7265.

**TAP DANCING**

Do you like to tap away to oldies but goodies? Well, why not join other tap enthusiasts on **Mondays, 3:00 - 4:00 p.m.** as instructor Jeanine Jette leads you through the steps and moves to get your heart pumping. This is a great way to get some exercise while having a good time!

**BRIDGE CLASSES – HEART SERIES**

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. Class meets **Thursday, March 26 – May 14, 9:30 – 11:30 a.m.** Fee is \$40 for Davis residents.

**BRIDGE CLASSES – 3-STAR CONVENTIONS**

This class is the final class in the ACBL Bridge series, and is a highly advanced-level course. It is designed for those students who have completed all previous levels of instruction, and have been actively playing the game for some time and/or competitively. First-time students should not register for this class without prior consent from the instructor. Class meets **Thursdays, March 26 – May 14, 1:00 – 3:00 p.m.** Fee is \$40 for Davis residents.

**ARTS & CRAFTS****CERAMICS**

This group provides a great introduction to the wonderful hobby of ceramics! Students purchase their own greenware, according to personal taste and project needs, and then are provided with a large variety of glazes, stains and decals prior to firing. The \$5 monthly fee covers the use of all glazes and stains, as well as the use of our on-site kiln. Participants are supported by volunteer instructors, who can assist students and make recommendations as desired.

The class meets on **Tuesdays, 9:30 - 11:00 a.m.**, and students are encouraged to drop in and ask questions prior to starting their first class.

**HEM & HAW**

Would you like to make a sweater for your grandchild, or a blanket for a new baby, or just knit something warm and cozy for yourself? We would love for you to join us. If you have ever crocheted, knitted or stitched and would like to take up that hobby again, please feel free to join us each **Wednesday, 1:00 - 3:00 p.m.**

Some of the things that we make are for sale in our cabinet in the Senior Center Lobby. Stop by and take a look.

**PROJECT LINUS**

At the monthly gathering on February 4, the volunteers for Project Linus were happily surprised when six girls from Girl Scout Troop 199 showed up with 20 handmade blankets to donate. The girls also brought their supplies and were ready to help sew on the Project Linus labels on their blankets and others that had been donated. The girls sat in

with the seniors and were happy to get some sewing instruction. A great time was had by all.

Project Linus meets the **first Wednesday of the month, 1:00 – 3:00 p.m.** in the Valente Room. Project Linus is a national organization with 383 chapters that provides security through blankets to seriously ill or children in need. Since September 2008, the Davis group has collected 343 handmade blankets and distributed them to organizations in Yolo County.

For more information, contact Diane McGee at 753-3436 or via email at [mcgeedav@dcn.org](mailto:mcgeedav@dcn.org).

**OIL & ACRYLIC PAINTING: OPEN ART STUDIO**

Whether your medium is oil, acrylics, or watercolor; whether you are a novice or an experienced painter; we have a great location for you to come and meet others who share your artistic flair and interests.

Individuals informally gather and assist in learning and critiquing each other's projects. These artists may display their works throughout our lobby halls, and many of them even enter their works in local and regional fairs.

Give us a look **Mondays, 9:00 - 11:00 a.m.** in the Valente Room.

**ONE-STROKE PAINTING**

In March, instructor Sandra Gray-Fitzpatrick will teach two classes on **Thursday mornings, March 12 & 19, 9:00 - 11:30 a.m.** These classes are \$8.00 each or two classes for \$12. There are additional fees for materials payable to the instructor on the first day, and non-residents. For more information, contact the Senior Center office. Pre-registration is required.

**GALLERY GLASS**

Sandra Gray-Fitzpatrick is offering Gallery Glass, glass painting, and the end result is similar to stained glass. All projects are done on plexiglass for the safety of the students and easy transportation. The class will be offered on **Thursdays, March 26, and April 23, 9:00-11:00 a.m.** in the Valente Room. Registration fee is \$8.00 per class. The supply fee is \$10.00 per class, paid to the instructor at the time of class.

**WATERCOLOR PAINTING**

Matt Connors will teach the watercolor class during March. The students enjoy his light-hearted approach to painting.

No experience is necessary. Just bring the usual supplies and adventurous spirit on **Friday mornings, 9:30 - 11:30 a.m.** Please come around 9:00 a.m. to visit and set up. Everyone welcome.



**CRAFT CLASSES**

It's time to show your creative side! Join Sandy Gray-Fitzpatrick the first Thursday of every month, **9:00 - 11:00 a.m.** for a new craft class. No experience is needed. The registration fee for each class is \$10 and a separate supply fee for each class is due to the instructor at the time of class.

- **March 5** *No-Sew Flowers.*
- **April 2** *Sugar Eggs*
- **May 7** *No-Sew Container.*

To see pictures of these crafts or to register, please visit the front desk.



*"Ordinary riches can be stolen, real riches cannot. In your soul are finitely precious things that cannot be taken from you."* Oscar Wilde (Irish Poet, Novelist, Dramatist and Critic, 1854-1900).

# IDENTITY THEFT

## Warning Signs:

- Your purse or wallet is stolen
- Your bank account is overdrawn or there is unusual activity on your credit card
- Mail you are expecting doesn't arrive, especially related to financial matters; bills you paid are still showing due
- You apply for a credit card or a loan and are denied



## Preventive Steps:

- Carry a close-fitting or hidden pouch instead of a purse or carry a wallet in your front pocket.
- Reduce the items you carry in public such as extra credit cards, Social Security card, and checkbooks; remove your Social Security # from you drivers license, if possible. Consider carrying a photocopy of your Medicare card with all but the last four digits blackened out.
- Shred, tear into small pieces or cut up all mail and documents that contain Social Security, bank and credit card numbers.
- Place mail with bills to be paid at the Post Office. Ask that new boxes of checks be held at your bank or credit union rather than mailed to you.

**CASE**  
partnership

**For assistance call the Yolo County District  
Attorney Fraud Line:  
(530) 666-8416**

**CASE is a Partnership of the District Attorney and  
the Community to prevent Elder Exploitation.**

**DAVIS TRAVELAIRES****A Non-Profit Travel Organization****Kay Jeffery, Executive Director****646 A Street, Davis, CA 95616****(530) 753-4159****Office Hours: M, W, F 10 a.m.-2 p.m.**

**March 3 – Redhawk Casino** – Depart Davis Senior Center at 8:30 a.m. and Rancho Yolo at 8:45 a.m. \$15 slot play. Return Davis approximately 4:00 p.m. with drop-offs at both locations. \$16.

**March 5 – Academy of Sciences** – Date changed to March 12 due to repairs at the Academy.

**April 2 – Legacy of Yves Saint Laurent – wait list.**

**April 7 – Redhawk Casino** - Depart Davis Senior Center at 8:30 a.m. and Rancho Yolo at 8:45 a.m. \$15 slot play. Return Davis approximately 4:00 p.m. with drop-offs at both locations. \$16.

**April 22 – Mothball Fleet** – Wait list.

**April 26 - Tommy Tune** – Wait list.

**May 6 – Mothball Fleet** – Wait list.

**May 17 – Cliff House Brunch and the Exhibit: Fabergé, Tiffany and Lalique.** Wait list.

**June 10 – Sisters of Swing** – Wait list.

**July 4 – Fireworks on the Bay** – Enjoy a box supper on the way to Jack London Square. Board the historic USS Potomac, FDR's Presidential Yacht, and sail onto San Francisco Bay to view a fantastic display of fireworks. Champagne, dessert and soft drinks served on board. Depart Davis Senior Center at 5:00 p.m. and return approximately 12:00 midnight \$195.



**July 22 – Smokey Joe's Café** At the East Sonora Theatre, the Sierra Repertory Theatre's most requested revival. Featuring nearly 40 of the greatest songs of the era including "Spanish Harlem," "Fools Fall in Love," "Hound Dog," this is electrifying entertainment provided by the highly acclaimed repertory group. Lunch is included at Banny's Restaurant. \$85.

**August 20 – Bridges of the Bay** – The USS Potomac sails on another new adventure. Depart from Jack London Square on FDR's Presidential Yacht, cruise under three main bay bridges, the Golden Gate, Richmond/San Rafael and Bay Bridge. Learn about their unique construction, differences and histories. See the construction of the new Bay Bridge. A box lunch is included. \$98.



**August 26 – September 4 – Denver to Dakotas** – Fly to Denver where we will meet our own All West Motor Coach. Embark on a tour including the incredible new Denver Art Museum, South Dakota hills, Mount Rushmore, North Dakota Badlands, Medora Musical, Little Bighorn, Beartooth Scenic Highway, Cody, Wyo. Museums, Yellowstone and Grand Tetons. Travel home by motorcoach. See Travelaires office for more details and pricing.

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Beginning March 1, 2009, people who take Travelaires overnight and day trips are required to park their cars on the east side of A Street and the south side of 7<sup>th</sup> 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. No permits needed weekends and holidays.

## Davis Senior Center Activities – March 2009

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> 7:30am Fitness For Life* 8:15am Intermediate Yoga* 10:30am Chair Yoga* 8:30am Veterans 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 <b>1:00pm Beginning Balance Workshop*</b> 2:00pm Dynabands* 3:00pm Tap Dancing 6:30pm Social Bridge	<b>3</b> 7:30am Dynabands* 9:00am Ceramics 9:00am Tai Chi 10:15am Feldenkrais <b>11:30am SCD Luncheon/Business Mtg./St. Patrick's Day Celebration</b> 1:00pm Bridge/Pinochle 2:00pm Fitness For Life* 7:00pm Stamp Club	<b>4</b> 7:30am Fitness For Life* 8:30am Drivers Safety Refresher* 8:45am Walk N' Talk/Pehlke Pacers 9:00am Peer Counselors Meeting 1:00pm Hem & Haw 1:00pm Linus Project 1:00pm Poker 1:00-4:00pm Genealogy Library Hours 2:00pm Dynabands*	<b>5</b> 7:30am Dynabands* 8:15am Intermediate Yoga* 9:00am Craft Class* 9:30am Memoirs* 9:30am Bridge Lessons* 10:30am Chair Yoga* 12:30pm Bingo 1:00pm Bridge Lessons* 2:00pm Fitness For Life* 3:30pm LGBT	<b>6</b> 7:30am Fitness For Life* 8:45am Walk N' Talk/Pehlke Pacers 9:30am Memoirs* 9:30am Watercolor Painting <b>10:00am 10 Must-Eat Foods Talk*</b> 12:15pm Video Movie <b>12:30pm Zumba*</b> 1:00pm Nostalgics 1:00-4:00pm Genealogy Library Hours 2:00pm Current Events 2:00pm Dynabands <b>Sunday, March 8 set clocks ahead 1 hour.</b>
<b>9</b> 7:30am Fitness For Life* 8:15am Intermediate Yoga* 10:30am Chair Yoga* 8:30am Veterans 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* 2:00pm Legal Assistance* 3:00pm Tap Dancing 6:30pm Social Bridge 6:30pm Prostate Cancer Support Group	<b>10</b> 7:30am Dynabands* 9:00am Tai Chi* 10:15am Feldenkrais* 11:30am Feldenkrais* 10:30am Blood Pressure Check 1:00pm Bridge/Pinochle 2:00pm Fitness For Life* 7:00pm Mac Users Group	<b>11</b> 7:30am Fitness For Life* 8:45am Walk N' Talk/Pehlke Pacers 10:00am Transitions Group 1:00pm Hem & Haw 1:00pm Poker 1-4:00pm Genealogy Library Hours 2:00pm Dynabands*	<b>12</b> 7:30am Dynabands* 8:15am Intermediate Yoga* 9:00am One-Stroke Painting* 9:30am Memoirs* 9:30am Bridge Lessons* 10:30am Chair Yoga* 12:30pm Bingo 1:00pm Bridge Lessons* 2:00pm Fitness For Life* <b>2:30pm Senior Commission Mtg.</b>	<b>13</b> 7:30am Fitness For Life* 8:45am Walk N' Talk/Pehlke Pacers 9:30am Watercolor Painting 9:30am Memoirs* <b>10:00am Irish Poetry*</b> <b>11:00am Elderlaw Clinic*</b> 12:15pm Video Movie 12:30pm Zumba* 1:00pm Nostalgics 1:00-4:00pm Genealogy Library Hours 2:00pm Dynabands* 2:15pm Jam Session & Dance 9:00am Bones for Life*
<b>16</b> 7:30am Fitness For Life* 8:15am Intermediate Yoga* 10:30am Chair Yoga* 8:30am Veterans Services 8:45am Walk N' Talk/Pehlke Pacers 9:00am Oil/Acrylic Painting 9:30am Nordic Walking Class* 12:30pm Duplicate Bridge 1:00pm Genealogy 1:00pm Scrabble/Bridge/Mah Jongg/Canasta 2:00pm Dynabands* 3:00pm Tap Dancing 6:30pm Social Bridge	<b>17</b> 7:30am Dynabands* 9:00am Ceramics 9:00am Tai Chi* 9:30am Book Review 10:15am Feldenkrais* 11:30am Feldenkrais* 11:30am Red Hat Rockers lunch at Café Italia <b>12:15pm St. Patrick's Day Celebration*</b> 1:00pm Bridge/Pinochle 2:00pm Fitness For Life*	<b>18</b> 7:30am Fitness For Life* 8:45am Walk N' Talk/Pehlke Pacers 9:00am Bones for Life* 10:00am Alzheimer's Support Group 11:00am Food Distribution 1:00pm Hem & Haw 1:00pm Poker 1:00-4:00pm Genealogy Library Hours 2:00pm Dynabands*	<b>19</b> 7:30am Dynabands* 8:15am Intermediate Yoga* 9:00am HICAP Appts* 9:00am One-Stroke Painting* 9:30am Memoirs* 10:30am Chair Yoga* 12:30pm Bingo 2:00pm Fitness For Life* 3:30pm LGBT	<b>20</b> 7:30am Fitness For Life* 8:45am Walk N' Talk/Pehlke Pacers 9:30am Watercolor Painting 9:30am Memoirs* <b>10:00am Self Defense for Seniors*</b> 12:15pm Video Movie 12:30pm Zumba* 1:00pm Nostalgics 1:00-4:00pm Genealogy Library Hours 1:00pm Red Hats – Game Day 2:00pm Current Events 2:00pm Dynabands <b>Sat., March 21, 12:00 – 3:00 pm SCD Bingo</b>
<b>23</b> 7:30am Fitness For Life* 8:15am Intermediate Yoga* 10:30am Chair Yoga* 8:30am Veterans Services 8:45am Walk N' Talk/Pehlke Pacers 9:00am Oil/Acrylic Painting 9:30am Nordic Walking Class* 12:30pm Duplicate Bridge 1:00pm Scrabble/Bridge/Mah Jongg/Canasta 2:00pm Dynabands* 3:00pm Tap Dancing 6:30pm Social Bridge	<b>24</b> 7:30am Dynabands* 9:00am Ceramics 9:00am Tai Chi* 10:15am Feldenkrais* 11:30am Red Hats Rockers lunch at Pasta Q 1:00pm Bridge/Pinochle 1:30pm Parkinson's Support Group 2:00pm Fitness For Life* 7:00pm Internet Users Group	<b>25</b> 7:30am Fitness For Life* 8:45am Walk N' Talk/Pehlke Pacers 9:00am Bones for Life* 10:00am Men's Group 10:00am Transitions Group 1:00pm Hem & Haw 1:00pm Poker 1:00-4:00pm Genealogy Library Hours 2:00pm Dynabands*	<b>26</b> 7:30am Dynabands* 8:15am Intermediate Yoga* 9:00am Gallery Glass painting* 9:30am Memoirs* 9:30am Bridge Lessons* 10:30am Chair Yoga* 12:30pm Bingo 1:30pm Breathers Support Group 1:00pm Bridge Lessons* 2:00pm Fitness For Life* <b>2:00pm Nursing Scholarship Fund Social*</b>	<b>27</b> 7:30am Fitness For Life* 8:45am Walk N' Talk/Pehlke Pacers 9:30am Watercolor Painting 9:30am Memoirs* <b>10:10am Chemistry Magic Show*</b> 12:15pm Video Movie 12:30pm Zumba* 1:00pm Nostalgics 1:00-4:00pm Genealogy Library Hours 2:00pm Dynabands* 2:15pm Jam Session & Dance
<b>30</b> 7:30am Fitness For Life* 8:15am Intermediate Yoga* 10:30am Chair Yoga* 8:30am Veterans Services 8:45am Walk N' Talk/Pehlke Pacers 9:00am Oil/Acrylic Painting 9:30am Nordic Walking Class* 12:30pm Duplicate Bridge 1:00pm Scrabble/Bridge/Mah Jongg/Canasta 1:00pm Genealogy Club Meeting 2:00pm Dynabands* 3:00pm Tap Dancing 6:30pm Social Bridge	<b>31</b> 7:30am Dynabands* 9:00am Ceramics 9:00am Tai Chi* 10:15am Feldenkrais* 11:30am Feldenkrais* 1:00pm Bridge/Pinochle 2:00pm Fitness For Life*	<b>Tax Assistance*</b> <b>By appointment call 757-5696</b>  <b>Mondays, 8:30 – 11:30 a.m.</b> <b>Tuesdays, 1:00 – 5:00 p.m.</b> <b>Wednesdays, 12:00 to 8:30 p.m.</b>	<b>Transportation Services</b> <b>757-4408</b>  <b>Senior Center Offices</b> <b>757-5696</b>	* Indicates need to register in advance, and/or by appointment Please call 757-5696

# March 2009

Each meal includes 8 oz 2% milk Margarine & Condiments optional

Monday Mar 2	Tuesday Mar 3	Wednesday Mar 4	Thursday Mar 5	Friday Mar 6
<b>** 3 Cheese Manicotti</b> Chef's Blend Vegetables+ *Baguette *Apricot Halves*	<b>SCD Membership Luncheon</b>  <b>No ENP Meal Today</b> <b>MOW Delivery Only</b>	<b>*BBQ Chicken</b> *Rodeo Beans *Zesty Coleslaw+* *Biscuit *Fresh Fruit+	*Orzo Salad <b>**Ham Sandwich</b> *Romaine Salad w/Oranges+ Tapioca Pudding	*Fruit Juice+ <b>Beef w/Burgundy Mushroom Sauce</b> Mixed Vegetables *Scalloped Potatoes+ *Wheat Bread
Monday Mar 9	Tuesday Mar 10	Wednesday Mar 11	Thursday Mar 12	Friday Mar 13
<b>**Chicken ala King*</b> w/Vegetables & Biscuit *Baked Barley w/Thyme *Fresh Orange+	*Three Bean Salad <b>**Tamale Pie w/Beef</b> Steamed Spinach* *Pineapple Tidbits+ *Whole Wheat Roll	*Fruit Juice+ <b>Roast Turkey w/Gravy</b> *Dressing *Cranberry Sauce *Baked Sweet Potatoes* <b>**Special Dessert Surprise</b>	*Fruit Juice+ Tossed Green Salad <b>**Spaghetti w/Meat Sauce</b> *Garlic Bread	<b>*Tuna Pesto Melt on Rye</b> *O'Brien Potatoes+ Steamed Broccoli+* *Fruit Cocktail
Monday Mar 16	Tuesday Mar 17	Wednesday Mar 18	Thursday Mar 19	Friday Mar 20
<b>*Maui Lemon Chicken</b> *Brown Rice Blend Bahama Blend Vegetables+* *Hawaiian Roll *Tropical Fruit +	<b>Happy St. Patrick's Day</b> <b>**Irish Stew</b> Cabbage Wedge+ *Rye Bread *Emerald Isle Dessert+	<b>**Baked Macaroni &amp; Cheese w/Ham</b> Winter Blend Vegetables+* *Whole Wheat Bread *Blushed Pears <b>Higher Sodium Meal</b>	<b>*Turkey Sausage Stack</b> w/Cranberry & Apple Stuffing *Buttery Baby Carrots* *Biscuit <b>**Blueberry Crumble+</b>	<b>*Creamy Seafood Chowder</b> Fresh Garden Salad* *Pickled Beets *Oyster Crackers *Ambrosia+
Monday Mar 23	Tuesday Mar 24	Wednesday Mar 25	Thursday Mar 26	Friday Mar 27
<b>Pork Chop w/herb sauce</b> *Whipped Potatoes+ Stewed Tomatoes+ *Cornbread *Applesauce	<b>Paprika Chicken</b> *Served over Noodles Cauliflower+ *Whole Wheat Bread *Mixed Fruit	<b>Happy Birthday Crispy Fish Fillet</b> w/Tartar Sauce *Twice Baked Potatoes Capri Blend Vegetables* * Roll *Fruit Juice+ <b>**Birthday Cake</b>	<b>*Heavenly Beef &amp; Rice</b> Mixed Vegetables* *Whole Wheat Bread *Apricot Nectar*+	*Garden Salad* w/Garbanzos <b>*Cheese Enchilada</b> *Tex-Mex Vegetables w/Beans *Tortilla Chips & Salsa *Fruit Juice+
Monday Mar 30	Tuesday Mar 31	\$3.00 Senior Contribution Mandatory charge of \$3.50 for Essential Volunteers (under 60) \$7.00 GUEST FEE for people under 60 unless accompanied by their senior spouse <b>Please see reverse side for information about the "*" symbols used on this menu.</b>		
Mystery Meal	Spring Mix Salad* *Spinach Mushroom Quiche* *Oven Roasted Potatoes+ *Whole Wheat Bread *Citrus Salad+			

## Congregate Dining Sites

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

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

**Elderly Nutrition Program Main Office Woodland 662-7035**