

# Senior Scene

DAVIS SENIOR CITIZENS CENTER

646

Transportation: (530) 757-4408

Office: (530) 757-5696

Travelaires: (530) 753-4159

Volume XXXVIII Number 11

Office Fax: (530) 758-0463

November 2009

\$10.00/Year Subscription

Email: seniorservices@cityofdavis.org

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

## HOLIDAY CHAMPAGNE DINNER DANCE

It's time to purchase your tickets for this year's holiday "Champagne Dinner – Dance Party" on **Tuesday, December 8, 6:00 – 9:00 p.m.** This event, sponsored by Senior Citizens of Davis, will be catered by Morrison's in Woodland and will feature the ever-popular two entrée buffet with Chicken Mediterranean and carved marinated tri tip. Side dishes include grilled vegetable medley, scalloped potatoes, 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 is just \$30 per person. This includes 8.75% tax and 15% gratuity. *Reservations are required, and no tickets will be sold after December 3.*

Tables seating eight may be reserved on a first-come, first-served basis with the purchase of two tickets at the time reservations are made. No telephone reservations please. With your table reservation you will be responsible for your own table decorations. A diagram of table location will be available.

## IT'S A HOLIDAY CRAFT AFFAIR!

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!

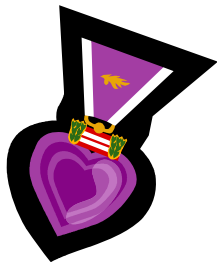


**Wednesday, November 25: Furlough Day**  
See page 7 for a listing of cancelled activities.

**The Senior Center, including the lunch program, will be closed Thursday & Friday, November 26 & 27 for the Thanksgiving holiday.**

## SENIOR CITIZENS OF DAVIS Exploring New Possibilities

### VETERANS DAY REMEMBRANCE LUNCHEON



SCD's regular first Tuesday of the month November luncheon has been changed to the second **Tuesday, November 10 at 11:30 a.m.**

Our guest "Veterans Day" speaker will be Ted Puntillo, and we will host

several Purple Heart Veterans.

As in the past, we ask all our members to bring photographs of your family veterans, present and past, to be displayed at our "Table of Honor" at which a wreath shall be laid.

Our luncheon will again be delicious. The menu includes champagne chicken, rice pilaf, green salad, fruit salad, roll, butter, coffee, tea and punch. The cost is only \$10, and proceeds benefit Meal on Wheels. Reservations are required and must be made by November 5. Please help us honor our Veterans.

### SCD LUNCHEON DECEMBER 1

On **Tuesday, December 1**, our monthly meeting will feature the nomination and election of officers for 2010. The installation of our new President and Treasurer will be at our January meeting.

Cost is \$8 for members and \$10 for non-members. Program begins at 11:30 a.m. Watch the bulletin board for the menu.

### SUNSHINE LADY

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

*Get well* cards to Blaine Dewey.

*Thinking of You* cards to Lola Lewis.

*Sympathy* card to family of Shirley Kreissman, family of Betty Jane Polk, family of Edward Jursnich, family of Elfrieda Sauers and family of Millicent Watkins.

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.

### 2010 SCD OFFICER NOMINATIONS

Job descriptions for SCD officers are posted on the SCD bulletin Board. If interested contact Nominations Committee Chair Pat Patterson at the Center, 757-5696. When necessary leave a message and she will return your call.

### "SENIOR OF THE YEAR" NOMINATIONS

Our Senior of the Year committee is eager to receive your nomination for 2009 Senior of the Year. Chair SCD Vice President Betty Iams and her committee, Elisabeth Bogren, Norma Quinn and Carolyn Beckett, are accepting nomination forms for this year's recipient. Nominees must be current SCD members and volunteers at the Senior Center.

All you must do is pick up a nomination form at the front desk, the SCD office, or in the Friendship Café. Simply write a few words about why you feel your nominee should be considered for this year's Senior of the Year award, then place your form in a sealed envelope addressed to the SCD selection committee and return it to the SCD office at the front desk. Forms are now available, and your participation is encouraged.

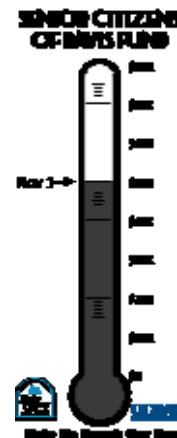
## Happy Thanksgiving



### 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 530-668-7343.



**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.

**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.

**SCD DATA ENTRY**

SCD's office needs volunteers to assist with data entry, for about two hours per week. We seek volunteers with computer knowledge to be trained to use our software programs.

**NUGGET SCRIP CLARIFICATION**

Remember, you don't have to "preload" a scrip card to support our fundraising program. You can simply tell your Nugget checker that you are putting the amount of your current purchase on your scrip card. The checker will put that amount on the card and immediately take it off to pay for that purchase. No need to prepay!

Nugget donates 3% of your scrip totals to support SCD's senior programs. Scrip cards are available at the Senior Center or at Nugget Markets.

**GREENBACKS FOR GREEN PLANTS!**

Mary Rivera of Verdure Garden Design has volunteered her time as an intern through the City to design a much-needed upgrade to some of the Senior Center landscaping surrounding our original

building, and much of the work has been completed. Since there is no money in the city's budget for this upgrade, SCD has offered to pay for the plants and will place a commemorative plaque in the area honoring past, present and future "Senior of the Year" recipients.

SCD is asking for donors to help pay for this effort. If you can contribute in any amount, we would much appreciate it. Checks (tax deductible) should be made payable to SCD, and all proceeds will go to support the garden fund.

**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!

**Friday, November 18 – "Happy Birthday"** with Jamaican crab cake with mango salsa, baked winter squash, Bahama vegetable blend, fruit juice and Birthday Cake.

**Wednesday, November 25 – "Celebrate Thanksgiving"** with roast turkey with gravy, cranberry sauce, whipped sweet potatoes, green beans with bacon and almonds, dinner roll and pumpkin pie with whipped topping.



*Please note: The lunch program, including meals on wheels, will be closed Thursday & Friday, November 26 & 27 for the holiday.*

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

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

**BREATHERS SUPPORT GROUP** – No meeting in November or December.

**DAVIS PERIPHERAL NEUROPATHY SUPPORT GROUP** -Now meets at the Senior Center on the first Tuesday of each month (**November 3**) in the Game Room, at **3:30 p.m.** to offer education and support. Everyone is welcome. Contact Mary Sprifke, 756-5102 for more information

**MEN'S GROUP** – Wednesday, November 18 at 10:00 a.m. (We meet one week early this month due to furlough day)

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

**PROSTATE CANCER SUPPORT GROUP**– On Monday, November 9 at 6:30 p.m., men who have concerns and questions regarding prostate cancer are most welcome to come and seek some answers from others who have had the same experience.

Plus, there will be roundtable discussion of case histories of survivors, including an update of their quality of life in dealing with side affects. The meeting highlights the goal, "May my experience be of help to you."

There will be no meeting in December. For more information, call 756-9152 or 758-8233.

**TRANSITIONS GROUP** - Wednesday, November 18 at 10:00 a.m. (Only one meeting day this month, on the 3<sup>rd</sup> Wednesday, due to holiday and furlough day in November.) 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.

## VISION LOSS TRICKS & TIPS



If you have a vision loss you're probably finding that daily tasks are more difficult to complete. Transportation can be a challenge. Errands don't complete themselves just because you don't have perfect vision. Dialing a phone? Reading? Writing messages or notes? How can these things get done when vision has decreased? They can. In our new Senior Center support group we will present strategies which make these tasks and others pleasurable as well as possible.

Our first meeting is **Tuesday, November 17 at 1:00 p.m.** The November meeting topic is "Shopping!" It's often more difficult to shop with low vision. Shopping for clothes, groceries, gifts and household items is easier with the use of various strategies. Bring your questions and your curiosity.

Future meetings will be the third Tuesday of every other month (6 times yearly) at 1:00. The group facilitator is Jennifer Frazier, MA. Please join our new group.

## MOVIES

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

**November 6** - **Gone With the Wind** (part 1 of 2) (1939) 1 hour 50 min. This sweeping Civil War-era romance won an impressive 10 Academy Awards.

**November 13** - **Gone With the Wind** (part 2 of 2) (1939) 1 hour 50 min.

**November 20** - **Troop Beverly Hills** – (1989) 1 hour 40 min. A soon to be divorced Beverly Hills society wife (Shelly Long) is determined to prove to her husband and herself that she can finish what she starts out to do. She soon realizes that being a Wilderness Girls' den mother to a troop of Beverly Hills-bred girls is not as easy as buying cookies.

**November 27** - **No Movie** (Senior Center will be closed for Thanksgiving holiday)

## INFORMATION & ASSISTANCE

### CELL PHONE HELP

Do you need help with your cell phone? We have tutors available by appointment. Call the Center at 757-5696.

### COMPUTER TUTORING

UC Davis student volunteers offer free computer tutoring at the Senior Center. They can help you learn more about email, surfing the web, etc. Call 757-5696.



### LOWER YOUR UTILITY BILLS?

Several programs might help lower your energy costs if you qualify. Contact Lisa at the senior center if you need help completing the forms.

**CARE** - PG&E's program offers a 20% discount on electric/gas bills for low-income households (under \$30,500 annually for 1 or 2 persons). For an application, stop by the Senior Center or call PG&E at 1-866-743-2273 or go online at [www.pge.com/care](http://www.pge.com/care)

**HEAP** - Provides utility assistance once per calendar year for low-income households (under \$22,062 annually for a one-person household, \$28,850 for two-person household.) For an application, stop by the Senior Center or call 1-800-233-4480.

**ENERGY PARTNERS** - Under this PG&E free weatherization program, utility-approved contractors work with eligible low-income customers to make their homes more energy efficient. Includes weatherstripping, insulation and furnace repair. Call 1-800-933-9555.

### HEARING LOSS QUIZ

- Do you complain that others are slurring words or mumbling?
- Do you hear speech but don't understand what is being said?
- Do you have trouble hearing at movies or church?
- Do you prefer the TV a little louder than anyone else in the room?
- Do your friends or family members complain that you don't listen?

- Do you feel tired or frustrated trying to follow group conversation?

If you answered yes to even a few of these questions, you should consider having a hearing evaluation.

### 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).

## TRANSPORTATION

### AARP DRIVERS SAFETY RENEWAL CLASS

If you have taken the full 8-hour AARP Driver Safety class within the last three years, you can take a shortened renewal class and still get your certificate. (It's a good idea to check with your insurance company to confirm this.) On **Wednesday, November 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 must register in advance. Your check should be made out to AARP for \$12 per person for AARP members, \$14 for non-members.

### DAVIS COMMUNITY TRANSIT

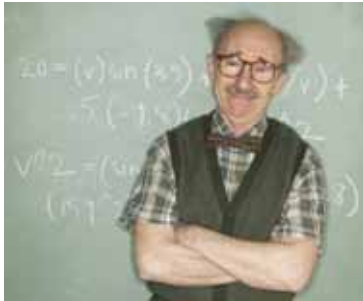
Greetings and Happy Thanksgiving! We would like to warmly welcome new employees Katie Almand and James Haven, and new full-time employee Kayla Krause.

As the weather turns, please remember that we do not expect you to wait outside in bad weather; simply be ready at the beginning of your pickup window and wait in a place where you can see or hear the bus arrive.

Remember that there is a 20-minute window around your pickup time, which means you can expect the bus from 10 minutes before to 10 minutes after your scheduled time. Feel free to call the office at 757-4408 if you have any questions or concerns!

## VOLUNTEER CORNER

### WE NEED DRIVER SAFETY INSTRUCTORS



Are you a good teacher? Can you spare a few days every few months to help ensure that older adults stay safe as they drive? The Davis Senior Center continues to seek

volunteer instructors for the AARP Driver Safety Program offered here.

Instructors conduct AARP's Driver Safety Program courses, using videos and work books developed for the program. Instructors are required to teach three classes a year, but many willingly teach more. Instructors receive initial training and participate in annual or semiannual local instructor workshops. And, volunteers are reimbursed for approved out-of-pocket expenses, such as mileage, postage, etc.

Research shows that AARP's driver safety classroom course makes a difference in how people drive, and ultimately helps to reduce accidents. People who take this course may be eligible for a discount on their auto insurance.

For more information, contact Jan Gwynn at [jangwynn@sbcglobal.net](mailto:jangwynn@sbcglobal.net) or at (916) 359-6845.

## MISCELLANEOUS

### 10 THINGS YOU NEED TO KNOW ABOUT

On Tuesday, December 8, 1:00 – 2:00 p.m., Franco Navazio will speak about Rome as seen by a Roman today. He will tell you about the symbols that are found in Rome and reveal stories of the catacombs that are underneath the streets. You won't want to miss this! Everyone is welcome to attend this free program. Please sign up at the front desk or call 757-5696.

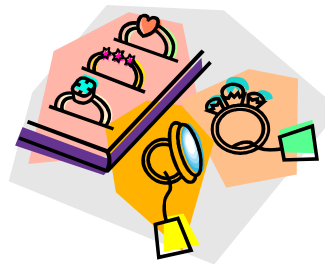


### AMERICAN SIGN LANGUAGE CLASS

These popular classes will continue on Tuesdays, 10:30 - 11:30 a.m., throughout the month of November. Even if you missed classes in October, you are still encouraged to join. Learning sign language is a fun way to keep your mind active while exploring a new language and culture. American Sign Language is the beautiful language of the deaf and is used to help the hard of hearing to communicate, or just to visit with a friend who is on the other side of the room. Sign up at the front desk for this free program.

### JEWELRY SALE

Don't miss this "jewel" of a sale! The annual Used Jewelry Sale will be on Friday, November 6, 9:00 a.m. – 1:00 p.m. Come check out a wonderful selection of necklaces, bracelets, rings and more! All proceeds from the jewelry sale go to support general programs and services at the Senior Center.



### HOLIDAY COLLECTORS WANTED

For those of you who walk the halls of the Davis Senior Center, you've probably noticed our wonderful display cabinet. We are looking for Holiday Collections to go into the display cabinet for the month of December. If you have a hobby or collection that you would like to display in our cabinet, please call Alisa at 757-5696.

### RETIREMENT PLANNING

Here are several web-based resources for anyone planning for retirement:

- [www.aarp.org/money/financial\\_planning](http://www.aarp.org/money/financial_planning) - AARP's online financial planning guidelines for retirement
- [www.ssa.gov](http://www.ssa.gov) – Social Security provides calculators to determine what your benefit will be, information on how to apply for benefits, etc.
- [www.asec.org](http://www.asec.org) – American Savings Educational Council offers a useful calculator to help you estimate how much you'll need to save for your retirement goals.

**THANKS TO SIERRA!**

A big thanks goes to Sierra Health Care Center for providing the delicious snacks and hors d'oeuvres for our Halloween Spooktacular!

**NOV. 25 IS FURLOUGH DAY**

During the **Wednesday, November 25** furlough day, administrative offices at the Senior Center will be closed, but minimal staff will be available to oversee the continuation of some paid classes.

The Center will be open for the Elderly Nutrition Program to serve the special Thanksgiving lunch and deliver meals on wheels. Davis Community Transit will continue operating on their regular schedule with staff rotating their furlough days, so seniors needing transportation can still utilize that service.

The following activities will be cancelled at the Senior Center on November 25: Pehlke Pacers walking group, genealogy library drop-in, Hem and Haw, men's group, global laughter club, transitions group. Both the Travelaires and Senior Citizens of Davis offices will be closed.

We apologize for any inconvenience these cancellations and closures may cause.

**SMOKE ALARM BATTERY CHANGE**

There's still time to sign up to change the batteries in your smoke detectors. The Rotary Club of Davis provides this free service every year to local seniors. Rotary provides the batteries, the ladders and the volunteers. On **Saturday, October 31**, Rotary volunteers will inspect your home smoke detectors and install fresh batteries.

Please call the senior center at 757-5696 to sign up. We thank the Rotary Club volunteers who provide this valuable service every year.

Set your clock back one hour when you go to bed on **SATURDAY, OCT. 31** (Daylight Savings Time ends on November 1 at 2:00 a.m.)

**VOTE NOV. 3**

Remember to exercise your right to vote on **Tuesday, November 3**. This is a City of Davis special election on Ballot Measure P, which places the Wildhorse Ranch residential project proposal before the voters.

**MILES FOR MEALS WALK-A-THON**

Join the 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 7, 8:00 - 10:00 a.m.**, inside the County Fair Mall in Woodland. Call 662-

7035 for more information. Even if you can't make the walk, you can support this valuable program by sponsoring someone who will be there.

**COMMUNITY NEEDS SURVEY**

Davis residents are invited to complete a Community Needs Survey to help identify funding priorities for Community Development Block Grant (CDBG) and (Home Investment Partnerships Program) HOME projects. Printed surveys in English and Spanish are available in the Senior Center lobby. The survey also is available online at <http://cityofdavis.org/cs/cdbg/survey.cfm> Surveys will be accepted until November 30.

The City of Davis is in the process of updating its Consolidated Plan, which is a five-year plan that serves as a comprehensive strategy to address the needs of low- and moderate-income residents in Davis. The Plan is a requirement of CDBG and HOME and will be used to assist the City in making funding decisions for these two federal programs. The survey will collect community needs information, and the data will be incorporated into the Consolidated Plan.

**CORDLESS PHONES FAIL IN OUTAGES**

Did your telephone stop working during the recent power outages? If you have a cordless phone, the base of it requires commercial electricity and cannot be used in a power outage.

Every home should include a traditional corded phone as part of its disaster supply kit. Corded phones have the ability to be used with or without power. And, remember, you will not be able to *charge* a cell phone without electricity.

## HEALTH & WELLNESS

### GLOBAL LAUGHTER CLUB-

Laughter IS the best medicine! It is aerobic, natural, healthful, mood enhancing and easy. It also has no unpleasant side effects, is supported by medical research and is fully returnable! 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](http://www.laughteryoga.org) All ages are welcome. The Laughter Club meets **Wednesdays, 10:15 – 11:15 a.m.**

### GAINING BALANCE

Falls are a major cause of injury and death among older adults. The Senior Center offers workshops designed to improve your stability and alignment, as well as specific movement strategies to regain your balance when challenged.

The beginner class on **Monday, November 2, 1:00-2:30 pm**, will build flexibility and strength in ankles, hip joints and torso. You'll practice getting up from a chair and from the floor, and you'll explore options to regain balance when needed. Both seated and standing exercises are included.

The intermediate class on **Monday, November 16, 1:00 – 2:30 pm**, is designed for individuals who have attended the beginner workshop or its equivalent (check with instructor), and are comfortable getting up from the floor with the aid of a chair. Classes will include standing and walking with a narrow base of support, sitting and standing on more challenging surfaces, and continue practice on regaining balance and getting up from the floor.

Participants should wear comfortable clothing in layers and bring a towel. Students are encouraged to repeat levels to ensure proficiency and comfort with the skills before progressing to the next level.

Instructor Marg Bartosek has taught at the Senior Center for the past 18 years. 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, November 17 & 24, 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.

### SKIN CANCER CHECK

Dr. Keith Brewer will offer mole and skin screenings at the Senior Center on **Wednesday, November 18, 9:00 – 11:00 a.m.** Call 757-5696 for an appointment for this free service.



About 80 percent of skin cancers appear on the face, head, or neck, where they can be disfiguring as well as dangerous. By far the most common – and least dangerous – type of skin cancer is basal cell carcinoma. Squamous cell carcinoma is the next most common skin cancer, frequently appearing on the lips, face, or ears. The least common – but most dangerous – skin cancer is malignant melanoma. If discovered early, it can be completely cured, but if not treated quickly, it can spread throughout the body and is often deadly.

### MAIL YOUR SHARPS CONTAINERS

Many seniors are unable to travel to the landfill to properly dispose of their home-generated “sharps” (syringes, needles and lancets). Even the safe collection containers are supposed to be brought or mailed to a hazardous waste disposal site. Through grant funding, the Senior Center now offers free sharps containers *with postage-paid boxes* to mail for proper disposal.

It is illegal to dispose of home-generated “sharps” in the trash. They must be placed in an approved sharps container and brought or mailed to a hazardous waste disposal site. The goal is to reduce the amount of household hazardous waste disposed of at our landfill. If you use sharps, you can pick up free one-quart biohazard collection containers, with the free mailing boxes, at the Senior Center. Ask at the Senior Center front desk for your containers.

**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 1** **Nov 2**  
(M, 1:00 – 2:30 p.m.) \$12 res/\$18/\$25 non-res

**Balance – Level 2** **Nov 16**  
(M, 1:00 – 2:30 p.m.) \$12 res/\$18/\$25 non-res

**Bones for Life** **Through – Nov 18**  
(W, 10:00 – 11:15 a.m.) \$40 res/\$46/\$53 non-res

**Dynabands** **Nov 3 – Dec 22**  
(T, Th 2:30-3:30 p.m.) \$20 res/\$26/\$33 non-res

**Dynabands** **Nov 2 – Dec 23**  
(MWF, 2:00-3:00 p.m.) \$24/res/\$30/\$37 non-res

**Feldenkrais** **Nov 3 - 24**  
(MWF, 10:15 – 11:15 a.m.) \$21 res/\$27/\$34 non-res

**Feldenkrais** **Nov 3 - 24**  
(MWF, 11:30 – 12:30 a.m.) \$21 res/\$27/\$34 non-res

**Fitness for Life – Adv.** **Nov 2 - 30**  
(MWF, 7:30-8:30 a.m.) \$39 res/\$45/\$52 non-res

**Fitness for Life – Beg.** **Nov 2 - 30**  
(MWF, 8:45-9:45 a.m.) \$39 res/\$45/\$52 non-res

**Line Dance** **Nov 4 - 25**  
(W, 3:30-4:30 p.m.) \$12 res/\$18/\$25 non-res

**Tai Chi/Chi Gung** **Nov 3 - 24**  
(T, 9:00-10:00 a.m.) \$20 res/\$26/\$33 non-res

**Tap Dancing** **Ongoing**  
(M, 3:30-4:30 p.m.) Free

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

**Yoga – Intermediate** **Nov 2 – 30**  
(M,Th, 8:05 -10:05 a.m.) \$80 res/\$86/\$93 non-res

**Yoga – Chair** **Nov 2 – 30**  
(M,Th, 10:30-11:30 a.m.) \$42 res/\$48/\$55 non-res

**Zumba** **Nov 6 - 20**  
(F, 12:30 – 1:15 p.m.) \$12 res/\$18/\$25 non-res

**ARTS & CRAFTS****CRAFT CLASS**

Join Sandra Gray-Fitzpatrick on **Thursday, November 5, 9:00 - 11:00 a.m.** for a craft class featuring *A No-Sew Quilt*. The fee is \$15 and includes supplies. Pre-registration is required, no experience is necessary. Call or come to the front desk for more information.

**PAINTING WITH SANDY**

Instructor Sandra Gray-Fitzpatrick will teach classes on **Thursdays, November 12 & 19, 9:00 - 11:30 a.m.** Classes are \$38 for Davis residents. Students are required to bring brushes and acrylic paints. The teacher will supply all other supplies needed for the class. For information, contact the Senior Center, 757-5696. Pre-registration required.

**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, 9:00 - 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**

Friday watercolor at the Senior Center is exploring shadows and reflections during November. Mary Ann Montague is leading the



group with various exercises that will be fun. So bring your playfulness and art supplies.

Everyone is welcome. Instruction begins at 9:30 but painters come around 9:00 a.m. to set up and socialize. Join us!

### **HEM & HAW**

All items that are for sale have been relocated to the glass cabinet in the hallway. If there is something that you would like to purchase, please ask at the Greeters Desk in the front lobby. We will also be selling our items at the Senior Center's annual Holiday Craft Affair on **December 3, from 9:00 a.m. to 3:00 p.m.** This will be a good time to purchase your holiday gifts.



All the money from our sales goes to Senior Citizens of Davis, Inc. (SCD) who provide support to many of the programs and services offered here at the Senior Center.

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

### **PROJECT LINUS**

Project Linus meets on **Wednesday, November 4, 1:00 – 3:00 p.m.** in the Valente Room. Project Linus is a national organization that provides security through blankets to seriously ill or children in need.

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

It's disappointing to make a special trip to a program that has been cancelled. While we try to run all the programs listed in the Senior Scene, we sometimes have to cancel a program because not enough people have signed up. If there is something you'd like to attend, please sign up in advance, so we know to call you, or call the Senior Center at 757-5696 the day of the program to make sure it's taking place.

## **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, November 21 from 12:30 - 3:00 p.m.** Snacks are provided. The cost is 25¢ per card for two games.

### **LBGTea GROUP**

The Davis LBGTea group is now exclusively online. To connect, go to Yahoo Groups and type the following in the search box: Davis\_tea\_at\_three. Davis Senior Gays (Tea at three) is a social group designed to facilitate the development of community among senior gays in Davis. For more information, call the senior center.

### **BOOK REVIEW AND SENIOR READS**

Stan Forbes will be here on **Tuesday, November 17 at 9:30 a.m.** to review some of the new books currently available. Senior Center Reads will follow at 10:30 a.m. The book that will be discussed is *The Healing of America*, by T. R. Reid. Books are available at the front desk for \$16.

### **CURRENT EVENTS DISCUSSION GROUP**

The discussion group will meet on **Friday, November 6 & 20, 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**

Please join us on **Monday, November 30 at 1:00 p.m.** for our annual meeting and holiday party. We will review our Club's past activities and adventures, elect our officers for 2010, and make some decisions as to what we'll pursue in the coming year. Bring your ideas! We'll celebrate the season with refreshments and remembrances of family traditions and holidays. Reminder: No meeting in December.

Guests are always welcome and encouraged to attend our meetings.

The Davis Genealogy Club Library is open to the public on Wednesdays and Fridays from 1:00 to 4:00 p.m. During library hours volunteers are

available to assist visitors in using library resources. These resources include over 1000 books and publications as well as two computers with internet access.

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

The Internet Users meet monthly on the fourth

**Tuesdays, 7:00 - 8:30 p.m.**, in the Activity Room. The next meeting will be **Tuesday, November 24**. The topic will be "New stuff!"



We'll look into what new things for Internet users have appeared during this year and what is on the horizon. We'll review new tools, new or updated software and gadgets including some that we might think of buying for ourselves or as end-of-year gifts for others. All are welcome.

For more information: Anne Hance [rahance@dcn.org](mailto:rahance@dcn.org) or Lois Richter 530-758-5058.

### MAC USERS GROUP

This group will be meeting on **Tuesday, November 10, 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 on **Friday, November 13 at 2:00 p.m.** No dance on November 27 because of the Thanksgiving 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.**

### QUEEN BEES GAME DAY

The ladies of the Queen Bees cordially invite you to their monthly "Game Day" to be held on **Friday, November 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 fun.

### QUEEN BEES LUNCHEON



## **DSC QUEEN BEES**

Join our Queen Bees group at Café Italia, 1121 Richards Blvd. (menu on bulletin board), **Tuesday, November 17 at 11:30 a.m.** RSVP: Joyce 758-4757 no later than Nov. 16.

### DAVIS STAMP CLUB

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

### THE GIFT OF GIVING


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

Duplicate Bridge – Monday	\$ 61
Handy Helpers	\$ 7
General Memorial Donation	\$ 25
Hem & Haw (SCD)	\$ 50
Information & Assistance	\$ 10
Medical Equipment Donations	\$ 69
Miscellaneous	\$ 28
Monday Nite Social Bridge	\$ 78
<b>Total</b>	<b>\$328</b>

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

## 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** – Free checks by American Medical Response (AMR) monthly on the **second Tuesday, 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** – A resource specialist 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** - Available at the front desk for a \$1 donation. You can also find the Guide on the internet at [www.cityofdavis.org/cs/seniors/](http://www.cityofdavis.org/cs/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 attorneys Bill Kopper and Marian Cantor are available for brief 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 \$25,400 for an individual or \$29,050 for a couple. For more information, please contact the office, 757-5696.
- **SENIOR CITIZENS COMMISSION** – Meets on **Thursday, November 12, at 2:30 p.m.** at the Davis Senior Center, 646 A Street. 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, November 9 & 16, 8:30 - 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. Call 406-4850.

This material can be made available upon request in an alternative format as required by the Americans With Disabilities Act of 1990. Direct your request to: Community Services Department (530) 757-5626; (530) 757-5666 (TDD) or [cweb@cityofdavis.org](mailto:cweb@cityofdavis.org).

**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**

**November 7 – Saturday in the City** – Gift center and jewelry mart, lunch at Castagnolas and the show “Bad Girls of Broadway.” \$99.

**November 12 – Sand Hill Cranes** - \$97.

Note: This tour involves very little walking. Feel free to bring a folding chair if you wish.

**November 19 – Palace Hotel and SF MOMA** –

The historic and beautiful Garden Court of the Palace Hotel for lunch and then the San Francisco Museum of Modern Art. On exhibit will be the photography of Richard Avedon. \$115.

**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.

## Davis Senior Center Activities – November 2009

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2</b> 7:30am Fitness For Life* &amp; 8:45 am (MP2) 8:15am Intermediate Yoga* 10:30am Chair Yoga*(V) 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) 1:00pm Gaining Balance Beginner* (A) 2:00pm Dynabands* (MP2) 3:00pm Tap Dancing (V) 6:00pm Social Bridge (G)</p>	<p><b>3</b> <b>Don't forget to Vote</b> 9:00am Ceramics (V) 9:00am Tai Chi* (MP2) 10:15am Feldenkrais*(A) 10:30am American Sign Language Class* (G) 11:30am Feldenkrais*(A) 1:00pm Bridge/Pinochle (Lg) 2:30pm Dynabands * (MP2) 3:30pm Peripheral Neuropathy (G) 7:00pm Stamp Club (A)</p>	<p><b>4</b> 7:30am Fitness For Life* &amp; 8:45 am (MP2) <b>8:30am Driver Safety Renewal Class* (G)</b> 8:45am Walk N' Talk/Pehlke Pacers (Ly) 9:00am Peer Counselors Meeting (V) 10:00am Bones for Life* (A) 10:15am Global Laughter Club (G) 1:00pm Hem &amp; 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)</p>	<p><b>5</b> 8:15am Intermediate Yoga* (A) 9:00am Craft Class* (V) 9:00am HICAP* 9:30am Memoirs* (MP2) 9:30am Bridge Lessons*(G) 10:30am Chair Yoga* (A) 12:30pm Bingo (V) 1:00pm Bridge Lessons*(G) 2:30pm Dynabands * (MP2)</p>	<p><b>6</b> 7:30am Fitness For Life* &amp; 8:45 am (MP2) 8:45am Walk N' Talk/Pehlke Pacers (Ly) <b>9:00am Jewelry Sale (A)</b> 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) 2:30pm Movie Trivia (G)</p>
<p><b>9</b> 7:30am Fitness For Life* &amp; 8:45 am (MP2) 8:15am 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) 6:30pm Prostate Cancer Support Group</p>	<p><b>10</b> 9:00am Ceramics (V) 9:00am Tai Chi* (A) 10:15am Feldenkrais* (A) 10:30am American Sign Language Class* (G) 11:30am Feldenkrais* (A) 10:30am Blood Pressure Check (MP1) <b>11:30am SCD Luncheon/Business Mtg. (MPR)</b> 1:00pm Bridge/Pinochle (Lg) 2:30pm Dynabands * (MP2) 6:30pm Mac Users Group (A)</p>	<p><b>11</b>  <b>Veterans Day</b>  Senior Center &amp; Elderly Nutrition Program Closed</p>	<p><b>12</b> 8:15am 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) <b>2:30pm Senior Commission Mtg. (MP1)</b></p>	<p><b>13</b> 7:30am Fitness For Life* &amp; 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 Dynabands * (MP2) 1:00pm Nostalgics (MP1) 1:00-4:00pm Genealogy Library Hours (Lib) 2:00pm Dynabands* (MP2) 2:15pm Jam Session &amp; Dance</p>
<p><b>16</b> 7:30am Fitness For Life* &amp; 8:45 am (MP2) 8:15am 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) 1:00pm Gaining Balance Intermediate* (A) 2:00pm Dynabands* (MP2) 3:00pm Tap Dancing (V) 6:00pm Social Bridge (G)</p>	<p><b>17</b> 9:00am Ceramics (V) 9:00am Tai Chi* (MP2) 9:30am Book Review (G) 10:15am Feldenkrais* (A) 10:30am Senior Center Reads (G) 10:30am American Sign Language Class* (MPR2) 11:30am Feldenkrais* (A) 11:30am Queen Bees Luncheon at Café Italia* 1:00pm Bridge/Pinochle(Lg) 1:00pm Low Vision Support Group (A) 1:00pm Relaxation thru Visualization Meditation* (G) 2:30pm Dynabands * (MP2)</p>	<p><b>18</b> 7:30am Fitness For Life* &amp; 8:45 am (MP2) 8:45am Walk N' Talk/Pehlke Pacers (Ly) <b>9:00am Skin &amp; Mole Checks*(O'Rourke Bd Room)</b> 10:00am Alzheimer's Support Group (Lib) 10:00am Men's Group (V) 10:00am Transitions Group (G) 10:00am Bones for Life* (A) 10:15am Global Laughter Club (G) 11:00am Food Distribution (MP2) 1:00pm Hem &amp; Haw (A) 1:00pm Poker (Lg) 1:00-4:00pm Genealogy Library Hours (Lib) 2:00pm Dynabands* (MP2) 3:30pm Line Dance*</p>	<p><b>19</b> 8:15am 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)</p>	<p><b>20</b> 7:30am Fitness For Life* &amp; 8:45 am (MP2) 8:45am Walk N' Talk/Pehlke Pacers (Ly) 9:30am Watercolor Painting (V) 9:30am Memoirs* (MP2) 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 Dynabands (MP2) <b>Sat., Nov. 21, 12:00 – 3:00 pm SCD Bingo (V)</b></p>
<p><b>23</b> 7:30am Fitness For Life* &amp; 8:45 am (MP2) 8:15am 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 Scrabble/Bridge/Mah Jongg/Canasta (G) 2:00pm Dynabands* (MP2) 3:00pm Tap Dancing (V) 6:00pm Social Bridge (G)</p>	<p><b>24</b> 9:00am Ceramics (V) 9:00am Tai Chi* (MP2) 10:15am Feldenkrais* (A) 10:30am American Sign Language Class* (G) 11:30am Feldenkrais* (A) 1:00pm Bridge/Pinochle (Lg) 1:30pm Parkinson's Support Group (MP1) 1:00pm Relaxation thru Visualization Meditation* (G) 2:30pm Dynabands * (MP2) 7:00pm Internet Users Group (A)</p>	<p><b>25</b> <b>Furlough Day</b> 7:30am Fitness For Life* &amp; 8:45 am (MP2) <del>8:45am Walk N' Talk/Pehlke Pacers (Ly)</del> <del>10:00am Men's Group (A)</del> <del>10:00am Transitions Group (Lib)</del> <del>10:15am Global Laughter Club (G)</del> <del>1:00pm Hem &amp; Haw (A)</del> <del>1:00pm Poker (Lg)</del> <del>1:00-4:00pm Genealogy Library Hours (Lib)</del> 2:00pm Dynabands* (MP2) 3:30pm Line Dance* (MP2)</p>	<p><b>26</b>  <b>Thanksgiving Day</b>  Senior Center and Elderly Nutrition Program Closed</p>	<p><b>27</b>  <b>Thanksgiving Holiday</b>  Senior Center &amp; Elderly Nutrition Program Closed</p>
<p><b>30</b> 7:30am Fitness For Life* &amp; 8:45 am (MP2) 8:15am 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 Scrabble/Bridge/Mah Jongg/Canasta (G) 1:00pm Genealogy Club Meeting (A) 2:00pm Dynabands* (MP2) 3:00pm Tap Dancing (V) 6:00pm Social Bridge (G)</p>		<p><b>Room Key</b> 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</p>	<p><b>Transportation Services</b> <b>757-4408</b>  <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>

Monday Nov 2	Tuesday Nov 3	Wednesday Nov 4	Thursday Nov 5	Friday Nov 6	
<ul style="list-style-type: none"> <li>*Four Cheese Quiche</li> <li>*Oven Fried Potatoes</li> <li>Vegetable Medley*</li> <li>*Whole Wheat Bread</li> <li>*Peaches</li> </ul>	<ul style="list-style-type: none"> <li>Turkey w/Pesto Sauce</li> <li>*Baked Barley w/Thyme</li> <li>Green Beans</li> <li>*Wheat Roll</li> <li>*Citrus Cup+</li> </ul>	<ul style="list-style-type: none"> <li>**Mini Pub Burgers</li> <li>w/Buns &amp; Condiments</li> <li>Sautéed Onions</li> <li>*Buttery Corn</li> <li>*Apricot Nectar*+</li> </ul>	<ul style="list-style-type: none"> <li>*Fruit Juice+</li> <li>*Chicken Tortilla Soup*</li> <li>w/Black Beans</li> <li>*Garden Salad</li> <li>*Tortilla Chips</li> </ul>	<ul style="list-style-type: none"> <li>Parmesan Sage Pork Chop</li> <li>*AuGratin Potatoes+</li> <li>Brussel Sprouts+</li> <li>*Whole Wheat Bread</li> <li>*Applesauce</li> </ul>	
Monday Nov 9	Tuesday Nov 10	Wednesday Nov 11	Thursday Nov 12	Friday Nov 13	
<ul style="list-style-type: none"> <li>**Chicken A La King*</li> <li>Topped w/Biscuit</li> <li>*Brown Rice</li> <li>**Fruit Crisp+</li> </ul>	<p><b><u>Elderly Nutrition Program Benefit Luncheon</u></b></p> <p>No ENP Meal Today MOW Delivery Only</p>	<p>Veterans Day Holiday</p>	<ul style="list-style-type: none"> <li>Glazed Ham</li> <li>**Fresh Baked Yam*</li> <li>Chef's Blend Vegetables</li> <li>*Cornbread Muffin</li> <li>*Pineapple Tidbits+</li> </ul>	<ul style="list-style-type: none"> <li>*Italian Wedding Soup w/Beef</li> <li>Romaine Salad*</li> <li>w/ ½ hardboiled egg</li> <li>*Whole Wheat Crackers</li> <li>*Gelatin w/Fruit+</li> </ul>	
Monday Nov 16	Tuesday Nov 17	Wednesday Nov 18	Thursday Nov 19	Friday Nov 20	
<ul style="list-style-type: none"> <li>*Fruit Juice+</li> <li>**Beef Stew*</li> <li>w/carrots, green beans, celery, new potatoes &amp; more!</li> <li>*Baguette</li> <li>*Cinnamon Apples</li> </ul>	<ul style="list-style-type: none"> <li>Boneless BBQ Pork Rib</li> <li>*Calico Beans</li> <li>Steamed Spinach*</li> <li>w/Lemon ButterB</li> <li>*Wheat Bread</li> <li>*Mandarin Oranges+</li> </ul>	<ul style="list-style-type: none"> <li>Happy Birthday!</li> <li>*Jamaican Crab Cake</li> <li>w/Mango Salsa</li> <li>*Baked Winter Squash</li> <li>*Bahama Vegetable Blend*+</li> <li>*Fruit Juice+ * *Birthday Cake</li> </ul>	<ul style="list-style-type: none"> <li>Tender Shredded Pot Roast</li> <li>**French Dip Sandwich</li> <li>*Cream of Potato Soup*</li> <li>Broccoli+*</li> <li>*Fresh Fruit</li> </ul>	<ul style="list-style-type: none"> <li>Caramelized Onion Chicken</li> <li>*Brown Rice Pilaf</li> <li>*Ginger Carrots*</li> <li>*Tropical Fruit+</li> <li>*Whole Wheat Bread</li> </ul>	
Monday Nov 23	Tuesday Nov 24	Wednesday Nov 25	Thursday Nov 26	Friday Nov 27	
<ul style="list-style-type: none"> <li>**Spaghetti w/Meatballs</li> <li>*Winter Blend Vegetables+</li> <li>*Garlic Bread Stick</li> <li>*Pears</li> </ul>	<ul style="list-style-type: none"> <li>**Polish Dog w/Bun</li> <li>Sauerkraut+</li> <li>*Mixed Vegetables*</li> <li>*Banana+</li> </ul> <p><b>Higher Sodium Meal</b></p>	<p>Celebrate Thanksgiving</p> <p><b>Roast Turkey w/Gravy</b></p> <ul style="list-style-type: none"> <li>*Cranberry Sauce</li> <li>*Whipped Sweet Potatoes</li> <li>Green Beans w/Bacon &amp; Almonds</li> <li>*Dinner Roll</li> <li>**Pumpkin Pie w/Whipped Topping</li> </ul>	<p><i>Happy Thanksgiving</i></p> <p><i>Closed</i></p>	<p><i>Happy Thanksgiving</i></p> <p><i>Closed</i></p>	
Monday Nov 30	<ul style="list-style-type: none"> <li>Crispy Baked Fish</li> <li>w/Tartar Sauce</li> <li>*Italian Vegetable Blend*</li> <li>Stewed Tomatoes+</li> <li>*Fresh Fruit+ *Wheat Roll</li> </ul>	<p>Mandatory charge of <b>\$3.50</b> for Essential Volunteers (under 60)</p> <p>Menu subject to change</p>	<p><b>\$3.00 Suggested Senior Donation</b></p>	<p><b>We never refuse service to a senior because the senior is unable to pay the suggested donation per meal that we ask.</b></p>	<p><b>+ Vitamin C</b></p> <p><b>*Vitamin A</b></p> <p>Each meal includes 8 oz 1% *milk</p>

### 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**

Please see reverse side for information about the "\*" symbols used on this menu.

\$7.00 GUEST FEE for people under 60 unless accompanied by their senior spouse