



Transportation: (530) 757-4408 Office: (530) 757-5696 Travelaires: (530) 753-4159
Volume XXXIV Number 2 Office Fax: (530) 758-0463 February 2010
\$10.00/Year Subscription Email: seniorservices@cityofdavis.org www.cityofdavis.org/cs/seniors/

NATIVE PLANTS OF OUR REGION

Join us **Tuesday, February 23, 10:30-11:30 a.m.** for the second program in our UC Davis Speakers Series.



Craig Thomsen, staff research associate in the Department of Plant Sciences, will present *"Native Plants in a Northern California Natural Area: Their Beauty, Early Uses, and Other Values."*

Focusing on native plants that grow in the upper Cache Creek watershed, Thomsen will bring pictures and share "stories" of these plants, especially related to some of their early uses by Native Americans, or the wildlife that is supported by them. He'll also give some examples using fresh plant material. One being the soap-plant, a native plant used for soap, glue, catching fish, and making brushes.

Please call 757-5696 or sign up at the front desk if you are interested in attending. See page 6 for a list of future speakers in this series.

AFRICAN AMERICAN MUSIC HISTORY

On **Wednesday, February 17 at 1:30 p.m.**

In celebration of Black History Month, Sandra Graham, assistant professor of music at UC Davis, will discuss the history of African American music. Her specialty is African American spirituals and how they evolved from folk music on the plantation before the Civil War to concert music on the stage, eventually becoming a popular American tradition.



If you are interested in attending this program, please sign up at the front desk or call 757-5696.

ATTENTION COLLECTORS!

The senior center is auctioning over 40 elephant items as a fundraiser to support our programs and services. Pieces include an antique toy, jade and glass figurines, a music box, and much more. Please call the center for details!

HOLIDAY CLOSURE SCHEDULE
The Senior Center, Elderly Nutrition Program and Meals on Wheels, will be closed **Monday, February 15** for the Presidents' Day Holiday.

SENIOR CITIZENS OF DAVIS Exploring New Possibilities

SCD VALENTINE'S DAY LUNCHEON

Bring your Valentine to this great lunch with entertainment on **Tuesday, February 9 at 11:30 a.m.** Lunch will follow a short meeting and include pecan-crust chicken with orange sauce, rice pilaf, green and fruit salad rolls and butter plus the usual hors d'oeuvres, punch, coffee and birthday cake.

Cost is \$7 for members and \$9 for non-members. Get your tickets early at the front desk. No tickets will be sold at the door.

TIME TO RENEW!

Your 2010 SCD membership application was included in last month's (January) Senior Scene newsletter. Membership application and subscription forms also are available at the Senior Center. Please complete this easy application and return it with your payment. Without renewal, your Senior Scene subscription will end with this February newsletter.

We encourage you to call us with any questions you may have.

SCD ADDS VALUE TO MEMBERSHIP CARD

Show your SCD 2010 membership card and receive a special discount from these Davis businesses:

Pak Mail – 15% off of shipping costs when using UPS, FedEx or DHL. (Excludes US Postal Service.) Located at 1520 East Covell, (near Nugget Market).

Armadillo Music – 15% off. Located at 205 F Street.

We thank these merchants for their support and encourage you to take advantage of these discounts. Remember to thank them.

SUNSHINE LADY

Sunshine Lady Elisabeth Bogren reports that for the last half of December and first half of January cards were sent to the following:

Get Well card to Eileen Byrne.

Thinking of You cards to Robert Bruce and Eileen Byrne.

Sympathy cards to family of Bill Sims, family of Martha Favreau and family of Eileen Byrne, family of Lillian Lantz and Ruth Griggs for death of her son.

Contact Elisabeth Bogren at 756-5703 if you know someone who is ill, has had a death in the family, or just needs some "thinking of you" cheer.

SPRING FLING

Mark your calendar for SCD's salute to spring on **Tuesday, March 9 at 11:30 a.m.** Exciting entertainment will feature our own line dancers. Hors d'oeuvres will include fresh veggies, chips, punch, coffee and birthday cake. Lunch menu will be posted on the bulletin board.

Tickets will be on sale about January 27. Cost is \$7 members, \$9 non-members. No tickets will be sold after March 5 so sign up early.

TICKETS & DOOR PRIZES ADDED

SCD will issue tickets for all its lunches in 2010. The stub of each ticket will be removed and included in a "door prize" drawing. This is in addition to the regular raffle.

SCD BOARD SECRETARY NEEDED

A volunteer is needed to fill the Secretary position on the SCD Board. Interested SCD members should contact Wes Penny at 757-5696 or at his home 758-4757. You may also drop by the SCD office at the Center.

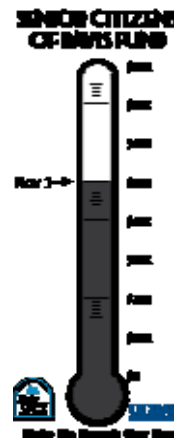
SCD THANKS ANGELA CHAN

Angela Chan donated over 200 new and used CDs which turned into \$111 for the Senior Center.

NURSING SCHOLARSHIP FUND DONATIONS

With donations from SCD members, our current fund total is \$50,000 for the Betty Irene Moore School of Nursing Scholarship

We are thankful for your support. Please direct your questions regarding the fund to SCD President Wes Penny, by calling 757-5696.



MOVIES

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

The Senior Center wants to know what kind of movies you want to see. Take our movie survey! Surveys can be found in the Game Room.

February 5 - Ground Hog Day - (1993) 1 hour 41 minutes - Bill Murray plays Phil Connors, an egocentric TV weatherman who, during a hated assignment covering the annual Groundhog Day event in Punxsutawney, finds himself repeating the same day over and over again.

February 12 - Guess Who's Coming To Dinner - (1967) 1 hour 48 minutes - Starring Sidney Poitier, Spencer Tracy, and Katharine Hepburn, the movie demonstrates that society has come a long way in 35 years.

February 19 - Ray - (2004) 2 hours and 32 minutes - Soul singer Ray Charles' life transpires on-screen, from his humble beginnings in Georgia, where he went blind at the age of seven, to his pre-fame life touring the South, and on to his career as one of the most enduring, inimitable performers in modern music.

February 26 – Furlough day anticipated. No film today.

THE GIFT OF GIVING

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

| | |
|-----------------------------|--------------|
| Duplicate Bridge – Monday | \$ 65 |
| Hem & Haw (SCD) | \$339 |
| Information & Assistance | \$ 33 |
| Medical Equipment Donations | \$ 50 |
| Miscellaneous | \$205 |
| Monday Nite Social Bridge | \$ 30 |
| Tap Dancers | \$ 20 |
| Tuesday Pinochle | \$ 10 |
| Total | \$752 |

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

FRIENDSHIP CAFÉ & ELDERLY NUTRITION PROGRAM

Cecilia Plascencia, Site Manager
Office Hours: M-F 9:00 a.m.-1:00 p.m.
(530) 757-5541

NEW ENTRÉE OPTION

By popular demand, a choice of entrées has arrived! On the days marked “alternate” on the February menu, you can request chicken-fried steak as an alternate entrée choice. The rest of the meal will be the same. See the site manager to order your alternate entrée. The alternate entrée will be for congregate meals only at this time. It is not available for those receiving home-delivered meals.

MEAL HIGHLIGHTS

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

Friday, February 12 – “Celebrate Valentine’s Day” with baked ham with glaze, sweet potatoes a la orange, chef’s blend vegetables, fruit juice, dinner roll and sweet dessert surprise.

Wednesday, February 24 – “Happy Birthday” with oven-fried chicken, baked beans coleslaw, apricot nectar and birthday cake.

Please note: The lunch program, will be closed Monday, February 15.

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



INFORMATION & ASSISTANCE

LEGAL CONSULTATIONS

Davis attorneys Bill Kopper and Marion Cantor are available for brief appointments once a month. Call 757-5696 to schedule an appointment.

The Senior Legal Hotline is also available to older adults at no charge. Call 1-800-222-1753.

VETERANS' SERVICES

Veterans' service representative Billy Wagster will be at the Center for drop-in consultation **Monday, February 8, 8:30-10:30 a.m.**

TAX ASSISTANCE PROGRAM

The Senior Center is once again offering free tax preparation services by experienced volunteers for low- and moderate-income individuals. The services are scheduled on multiple days to allow maximum flexibility for participants. Appointments will continue through **Wednesday, April 14**. Appointments are one hour in length, and can be made by calling the office at 757-5696. Appointment times are offered as follows:

Mondays, 8:30 to 11:30 a.m.

Tuesdays, 1:00 to 5:00 p.m.

Wednesdays, 12:00 to 8:30 p.m.

Please remember to bring the following information to your appointment: Identification for everyone: Social Security cards for taxpayer, spouse and any dependents, drivers license or picture IDs for taxpayer and spouse, checkbook if you plan to use direct deposit. Tax documents that you need to bring: 2009 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, records of real estate tax payments (even if you do not itemize deductions) and any other pertinent tax information. *New this year:* If you bought a new car in 2009, bring the invoice. Your sales and excise taxes are deductible even if you do not itemize deductions.

If you have to cancel your appointment, please call 757-5696 right away to free up space for others and to reschedule.

CENSUS SCAMS

This spring, the U.S. Census Bureau makes its once-a-decade count of the U.S. population. Census workers will count every person in the U.S. and will gather information about each person living at each address including name, age, gender, race and other relevant data. You should be cooperative, but cautious, so as not to become a victim of fraud or identity theft.

Census workers are currently knocking on doors only to verify address information. Mailing of the official postage-paid census questionnaires begins in mid-March. Households that do not respond to that first mailing are sent a second questionnaire. If they do not respond to the second, a census worker will be sent to the home. Visits by one of the bureau's census workers will occur in 2010 between April and July.

Census takers will never ask for financial information such as your Social Security number, bank account information or credit card accounts. Other tips to distinguish census takers will wear a badge and carry a black canvas shoulder bag reading "U.S. Census Bureau." However, you should never invite anyone you do not know into your home.

- Any e-mail you receive purporting to be from the U.S. Census Bureau is a fake. Delete, without opening, any incoming e-mail alleged to be from the Census Bureau as they may contain harmful spyware.
- Census workers will never solicit donations or other types of payment.
- Census workers will provide you with a letter from the director of the Census Bureau on U.S. Census Bureau letterhead.
- To verify when home visits will be made in your area, or to report suspicious census-related activity, call the Census Bureau office at 1-800-233-3308.



TRANSPORTATION

DAVIS COMMUNITY TRANSIT

February is our second month of selling bus passes on the bus. We have received positive feedback from customers about the new process, but if you have any comments or suggestions please feel free to contact our office at 757-4408. We welcome our new drivers Nick and Nestor to the DCT team! They both came to us with experience from Unitrans. We also congratulate Erin, who became engaged on New Year's Eve!

ARTS & CRAFTS

CERAMICS

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

OIL & ACRYLIC PAINTING: OPEN ART STUDIO

Our group continues to meet on **Monday** mornings at **9:00 a.m.** in the Valente Room. All painters are welcome to join us.

WATERCOLOR PAINTING

Barbara Zane will instruct the watercolor class in February on **Fridays, 9:00 – 11:00 a.m.** Bring the usual supplies including paper, brushes, water container, paint, palette, sketch paper and an adventurous spirit. We are grateful to Barbara as another one of those volunteer art teachers who is willing to share her expertise.

Senior painters had fun exploring warm and cool colors in January as Suzie Valdrow taught the class. Thanks to her and to Mary Anne Montague (November teacher) for their great presentations.

HEM & HAW

All items that are for sale are in the display case in the hallway. If there is something you would like to purchase, please ask at the Greeters Desk in the front lobby. All the money from our sales go to Senior Citizens of Davis, Inc. (SCD) who provide support to many of the programs and services offered here at the Center.

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

PROJECT LINUS

Project Linus will meet **Wednesday, February 10, 1:30 -3:30 p.m.**

Project Linus provides security through blankets to seriously ill or traumatized children. For more information, contact Diane McGee at mcgeedav@dcn.org or 753-3436.

VALENTINE ORIGAMI

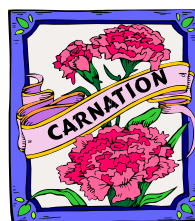
Learn Valentine Origami with Tom Vinik on **Friday, February 12 at 10:00 a.m.** We will fold a stand up heart and a heart bracelet. Sign up at the front desk.

MISCELLANEOUS

VALENTINE'S DAY AND CHINESE NEW YEAR

This year, Valentine's Day and Chinese New Year fall on the same day! Come celebrate both hearts and cherubs along with the Year of the Tiger, **Friday, February 12, 2:00-4:00 p.m.** We'll have tasty treats and live music by "Music from the Back Room." Don't miss sharing this time with your friends at the Senior Center.

VALENTINE'S CARNATION SALE



Do you have a good friend or sweetheart you'd like to send a special gift to this Valentine's Day? Senior Center greeters are taking order February 1-5 for carnations to be delivered at the Center during the week of February 8 – 12. The cost is \$2 per carnation or 6 for \$10. All orders include a personalized signature card.

AMERICAN SIGN LANGUAGE CLASS

Sign language is a fun way to keep one's mind active and learn a new language and culture. Classes are held **Tuesdays, 10:30 – 11:30 a.m.** The class advances from week to week, but newcomers are always welcome.

SENIOR CITIZENS COMMISSION

This city of Davis advisory commission will meet **Thursday, February 11, at 2:30 p.m.** at the Senior Center. The public is encouraged & welcome to attend. Agendas and past meeting minutes may be viewed on line at www.cityofdavis.org/meetings

FATIGUE

Are there different kinds of fatigue? Can fatigue be avoided or corrected? Join Franco Navazio, MD, PhD. **Tuesday, February 23, 1:00 – 2:00 p.m.** to learn more. Please sign up at the front desk if you are interested in this free program.

**UC DAVIS SPEAKERS SERIES**

The Davis Senior Center and the UC Davis Writing Program have partnered together to bring you the UC Davis Speakers Series. See page 1 for the February program. Below is a list of upcoming speakers and topics for the series:

March 23, 3:30-4:30 p.m.

Alison Kent (Audubon Society) - Sketching Nature: A Workshop

April 27, 10:30-11:30 a.m.

David Robertson (English Department) - Digital Photography

May 25, 3:30-4:30 p.m.

Donald Meisenheimer (University Writing Program) – Mount Rushmore: American Icon

June 8, 3:30 – 4:30 p.m.

Doug Metzger (English Department) – Music: Performance & Play

TALENT WANTED

The City of Davis Community Services Department is seeking performers for the first ever Davis' Got Talent event. Auditions will be held on **Saturday, March 6**. Twelve performers/finalists will be selected to compete during a final performance on **Saturday, March 27, 6:00 p.m.**, at the Veterans Memorial Theatre, and for the chance to win the Grand Prize (\$200 and the opportunity to perform at this year's 4th of July Celebration). Area residents of any age with a performing talent are encouraged to audition. Register early, as the number of audition slots is limited. \$10/per audition.



For more information, call (530)757-5626 or visit us on the web at www.cityofdavis.org.

CELL PHONE HELP

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

SEEKING COLLECTORS!

We're looking for those of you who have a collection or hobby to display in our wonderful display cabinets. Please contact Alisa Fisher at the front desk, 757-5696.

HEALTH & WELLNESS**GLOBAL LAUGHTER CLUB**

Come join us, and let's laugh together. Club leader Liz Young is certified by the international laughter organization. To learn more, go to www.laughteryoga.org. All ages are welcome. The Laughter Club meets **Wednesdays, 10:15 - 11:15 a.m.**

GAINING BALANCE

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

A level 1 beginning class will be held on **Monday, February 8, 1:00 – 2:00 p.m.** The fee is \$12 for Davis residents. The class builds flexibility and strength in ankles, hip joints and torso; practices getting from a chair and from the floor; and explores options to regain balance when needed. Both seated and standing exercises are included.

For more information about the workshops, call the Center at 757-5696 or Marg at 753-6060.

GUIDED RELAXATION THROUGH VISUALIZATION TECHNIQUES

There will be no class in February. The next class will be offered **Monday, March 8, 10-11 a.m.** Newcomers are encouraged to join. Sign up for this free program by calling 757-5696 or stop by the front desk.

ONGOING FITNESS CLASSES

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

Balance – Level 1 **Feb 8**
(M, 1:00 – 2:30 p.m.) \$12 res/\$18/\$25 non-res

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

Dynabands **Thru – Feb 25**
(T, Th 2:30-3:30 p.m.) \$10 res/\$16/\$27 non-res

Dynabands **Thru – Feb 26**
(MWF, 2:00-3:00 p.m.) \$12/res/\$18/\$25 non-res

Feldenkrais **Feb 2 - 23**
(MWF, 10:15 – 11:15 a.m.) \$21 res/\$27/\$34 non-res

Feldenkrais **Feb 2 – 23**
(MWF, 11:30 – 12:30 a.m.) \$21 res/\$27/\$34 non-res

Fitness for Life – Adv. **Feb 1 - 26**
(MWF, 7:45-8:45 a.m.) \$39 res/\$45/\$52 non-res

Fitness for Life – Beg. **Feb 1 - 26**
(MWF, 9:00 - 10:00 a.m.) \$39res/\$45\$52 non-res

Line Dance **Feb 3 - 24**
(W, 3:30-4:30 p.m.) \$17 res/\$23\$30 non-res

Tai Chi/Chi Gung **Feb 2 - 23**
(T, 9:00-10:00 a.m.) \$20 res/\$26/\$33 non-res

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

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

Yoga – Intermediate **Feb 4 – Mar 4**
(M,Th, 8:05 -10:05 a.m.) \$80 res/\$86/\$93 non-res

Yoga – Chair **Feb 4 – Mar 4**
(M,Th, 10:30-11:30 a.m.) \$42 res/\$48/\$55 non-res

Zumba **Feb 5 - 26**
(F, 12:30 – 1:15 p.m.) \$16 res/\$22/\$29 non-res

SUPPORT GROUPS

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

ALZHEIMER'S SUPPORT GROUP – Wednesday, February 17 at 10:00 a.m.

BREATHERS SUPPORT GROUP – Thursday, February 25 at 1:30 p.m.

HEAR/HERE GROUP – Monday, February 22 at 10:00 a.m. Assisted listening devices by General Technologies will be the program this month. The sponsor of the meeting is the newly named Yolo County Hear/Here chapter of HLAA. There will be an opportunity for attendees to try the different devices now available to help those with hearing loss. All ages are welcome to attend, so tell your friends and family who may be suffering from hearing loss.

MEN'S SOCIAL GROUP – Wednesday, February 24 at 10:00 a.m.

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

PERIPHERAL NEUROPATHY SUPPORT GROUP Tuesday, February 2 at 3:30 p.m. Everyone is welcome. Contact Mary Sprifke, 756-5102 for more information.

PROSTATE CANCER SUPPORT GROUP Monday, February 8, at 6:30 p.m. The major focus of the meeting is to extend a helping hand to men who have questions regarding the disease and the various treatment options. For further information, call 756-9153 or 758-8322.

TRANSITIONS GROUP - Wednesdays, February 10 and 24 at 10:00 a.m. Whether you're dealing with health problems, feeling blue, loss of a loved one, or just the trials of aging, this group is a great place to find insight and support.

VISION SUPPORT & EDUCATION GROUP - no meeting in February.

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, February 20 from 12:30 - 3:00 p.m.** Snacks are provided. The cost is 25¢ per card for two games.

BOOK REVIEW

Stan Forbes will be here on **Tuesday, February 16 at 9:30 a.m.** to review some of the new books currently available.

CHINESE CULTURE CORNER

Chinese Culture Corner meets the **1st and 3rd Friday of the month, 2:00 - 4:00 p.m.** The group will exercise, paint, play games and socialize. Everyone is welcome.

CURRENT EVENTS DISCUSSION GROUP

The discussion group will meet on **Friday, February 5 and 19 at 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

We all seem to struggle at times with keeping organized and focused in our family research. The mountains of materials produced can be overwhelming.

Please join us on **Monday, February 22 at 1:00 p.m.** at the Center to tap into practical suggestions for keeping organized and on track. Check out our website over the next weeks for more details. Feel free to bring friends to any event.

Our library is open to the public on Wednesdays and Fridays, 1:00 to 4:00 p.m., and volunteers are available to help with questions. Our library is well stocked with genealogy-related books and computers for Internet research.

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

INTERNET USERS GROUP

The Internet Users meets **Tuesday, Feb. 23, 7:00 - 8:30 p.m.** in the Activity Room.

Our topic will be "New Stuff for Internet Users to Use." What new stuff is or will be on the market in 2010? Have you got a new device, or have you recently started a new internet-related project, and would agree to tell the group about it – or ask for help in making it work properly?

Please email rahance@dcn.org with advance notice of what you will tell or ask us about so that it can be researched ahead of time.

We'll also consider the success of our first creative project, "The Internet Users' Book Project," and brainstorm ideas for a 2010 effort that will involve the Internet in some way.

For more information, contact Anne Hance rahance@dcn.org or Lois Richter 530-758-5058

QUEEN BEES

The ladies of the Queen Bees cordially invite you to their monthly "Game Day" to be held on **Friday, February 19, 1:00 - 3:00 p.m.** All you need is to bring a treat to share, and willingness to giggle & have fun.



Join our Queen Bees group for lunch at Applebee's, **Tuesday, February 23 at 11:30 a.m.** RSVP: Joyce 758-4757 no later than February 22.

MAC USERS GROUP

This group will be meeting on **Tuesday, February 9, 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, February 12 and 26 at 2:00 p.m.**

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.**

DAVIS STAMP CLUB

Meets **Tuesday, February 2, 7:00 - 8:00 p.m.** For more information, call Anne Hance at 753-7265.

DAVIS TRAVELAIRES**A Non-Profit Travel Organization****Kay Jeffery, Executive Director****646 A Street, Davis, CA 95616****Office Hours: M, W, F 10 a.m. - 2 p.m.****(530) 753-4159****February 17 & 18 – Snow Train** – Wait list.**March 18 – Churches of San Francisco – Their Architecture and History** – Wait list.**April 12 – Eleven Roses Ranch** – Tour and tri-tip barbeque. \$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 lunch at Bridgeport Inn. \$525 pp dbl., ss add \$115.**June 19 – Vertical Challenge Helicopter Air Show** – Visit Hiller Aviation Museum in San Carlos which chronicles a century of Northern California aviation history. See a fascinating all-helicopter air show. Learn how helicopters affect our lives, from traffic and news reports to life-saving and national defense. Lunch at the French restaurant, Left Bank Brasserie. \$95.**June 23 – 25 – Ashland** - The Oregon Shakespeare Festival celebrates its 75th Anniversary this year. "Twelfth Night" the Shakespeare comedy which launched the festival, will be presented at the Outdoor Elizabethan Theatre. Included are a show at the Bowmer Theatre and a Caberet dinner show.

Accommodations are at the Ashland Springs Hotel located a block from the theatres. Also, a guided tour of Jacksonville, the first town in America to become a National Landmark and lunch at the historic Jacksonville Inn. Stop at Harry and David's in Medford. \$595 pp dbl., ss add \$180.

July 1 – Musée d'Orsay at the deYoung – The Musée d'Orsay in Paris is closed for renovation. Its collection of impressionist paintings have been sent to the deYoung Museum in San Francisco. We'll see the special exhibit, Birth of Impressionism with audio and then go to the Legion of Honor for "Impressionist Paris, City of Light" exhibit. \$69.**July 21 – Big River – The Adventures of Huckleberry Finn** – Playing at the Fallon House in Columbia, Mark Twain's masterpiece sweeps us down the mighty Mississippi. Set to country legend Roger Miller's score of Cajun, country, gospel and blues, Big River has won seven Tony Awards and is a rousing, high-spirited show. Lunch at Banny's Restaurant at the Mountain Springs Golf Club. \$95.**July 31 – August 10 – Norwegian Coast Voyage** – Experience the natural unspoiled beauty of Norway's coastline with an authentic Hurtigruten voyage. Calling at many ports not accessible to other ships, we will enjoy what is considered the world's most beautiful voyage. We will first tour Reykjavic, Iceland. Also, Oslo and Bergen, Norway. Then on to Kirkenes near the Russian border to our cruise ship the MS Midnatsol for a six-day cruise among the fjords of Norway. Prices are \$4850 to \$5595 pp. dbl. See Travelaires office for flyers listing all tour features.**September 12 - Cliff House and Musée d'Orsay** – Enjoy the outstanding Sunday Champagne Brunch and incredible ocean views at the Cliff House in San Francisco. Then at the de Young Museum see the second half of the impressionist special exhibit, Van Gogh, Gauguin, Cezanne and beyond: Post-Impressionist Masterpieces from the Musée d'Orsay. (The de Young is the only venue in the world to host these masterpieces while the d'Orsay is being refurbished for its 25th anniversary in 2011.) \$130 .

CONGREGATE MENU

February 2010

On the days marked "ALTERNATE" you can request Chicken Fried Steak as an alternate entrée choice.
The rest of the meal will be the same. See the site manager to order your alternate entrée.

| Monday Feb 1 | Tuesday Feb 2 | Wednesday Feb 3 | Thursday Feb 4 | Friday Feb 5 |
|--|--|---|---|--|
| *Fruit Juice+ *Southern Fried Steak w/Country Gravy *O'Brien Potatoes Buttery Corn *Biscuit | Caramelized Onion Chicken *Brown Rice Pilaf *Ginger Carrots* *Honey Wheat Roll *Tropical Fruit+ | *Beef w/Burgundy Mushroom Sauce *Savory Quinoa Mixed Vegetables* *Whole Wheat Bread *Fruit Medley+ | **Turkey Meatballs w/Marinara Served over Wheat Pasta *Italian Vegetables *Baguette *Fresh Fruit | *Creamy Seafood Chowder Fresh Garden Salad* *3-Bean Salad *Oyster Crackers *Sugar Free Gelatin w/Fruit+ |
| Monday Feb 8 | Tuesday Feb 9 | Wednesday Feb 10 | Thursday Feb 11 | Friday Feb 12 |
| *Paprika Chicken served over Noodles Cauliflower+ *Whole Wheat Bread *Fruit Juice+ | SCD Luncheon/Meeting No ENP Meal Today MOW Delivery Only | ^B *Barley & Vegetable Soup* **Turkey Sandwich on Rye Bread **Raspberry Mandarin Gelatin+ | Meatloaf w/Gravy *Mashed Potatoes+ Brussel Sprouts+ *Whole Wheat Bread *Apricots* | <i>Celebrate Valentines Day</i> *Baked Ham w/Glaze **Sweet Potatoes* ^A la Orange Chef's Blend Vegetables *Fruit Juice+ *Dinner Roll **Sweet Dessert Surprise ALTERNATE |
| Monday Feb 15 | Tuesday Feb 16 | Wednesday Feb 17 | Thursday Feb 18 | Friday Feb 19 |
| Presidents' Day Closed | **Greek Ravioli w/Creamy Feta Sauce *Mediterranean Blend Vegetables+* *Baguette *Fresh Fruit+ | *Fruit Juice+ Garlic Chicken *Crispy Chinese Salad *Stir Fried Brown Rice *Honey Wheat Roll | *Spinach Mushroom Quiche *Oven Roasted Squash *Whole Wheat Bread *Cinnamon Apples ALTERNATE | ** French Dip Sandwich *Cream of Potato Soup Broccoli+ *Pineapple Tidbits+ |
| Monday Feb 22 | Tuesday Feb 23 | Wednesday Feb 24 | Thursday Feb 25 | Friday Feb 26 |
| Lemon Herb Fish *Lentil & Tomato Medley Winter Vegetable Mix+* *Whole Wheat Bread *Peaches ALTERNATE | Parmesan Sage Pork Chop *AuGratin Potatoes Bahamas Vegetable Blend+ *Roll *Applesauce | <i>Happy Birthday</i> Oven Fried Chicken *Baked Beans *Coleslaw *Apricot Nectar+* **Birthday Cake | **Stuffed Bell Pepper+ w/Beef and Rice Green Beans *Whole Wheat Roll *Fruit Juice+ | *Vegetable Minestrone Soup* **Turkey Salad on a Croissant **Gelatin w/Fruit+ |

Each meal includes 1% milk * + Vitamin C * Vitamin A Please see reverse side for info about "*" used on this menu Partial funded by A4AA

Congregate Dining Sites Reservations/Cancellations must be made by noon the day before by calling the site:
Davis Senior Center 646 A Street 757-5541 ♦♦♦ **West Sac Senior Center** 664 Cummins Way (916) 373-5805
Winters Community Center 201 Railroad Avenue 795-4241 ♦♦♦ **Woodland Senior Center** 2001 East Street 668-0974
Knights Landing/Esparto 662-7035 ♦♦♦ **Elderly Nutrition Program Main Office 662-7035**

\$3.00 Suggested Senior Contribution \$7.00 Required GUEST FEE for people under 60 unless accompanied by their senior spouse
Mandatory charge of \$3.50 for Essential Volunteers (under 60)

Davis Senior Center Activities – February 2010

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|---|---|
| <p>1 Carnation Sale begins today – 5th 7:45am Fitness For Life* & 9:00 am (MP2) 8:05am Intermediate Yoga* 10:30am Chair Yoga*(V) 8:30am Tax Assistance* (G) 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) 3:00pm Tap Dancing (V) 6:00pm Social Bridge (G)</p> | <p>2 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 Tax Assistance* (G) 1:00pm Bridge/Pinochle (Lg) 2:30pm Dynabands * (MP2) 3:30pm Peripheral Neuropathy (G) 7:00pm Stamp Club (A)</p> | <p>3 7:45am Fitness For Life* & 9:00 am (MP2) 8:45am Walk N' Talk/Pehlke Pacers (Ly) 10:00am Peer Counselors Meeting (V) 9:00am Bones for Life* & 10:30am (A) 10:15am Global Laughter Club (G) 12:00pm Tax Assistance* (G) 1:00pm Hem & Haw (A) 1:00pm Poker (Lg) 1:00-4:00pm Genealogy Library Hours (Lib) 2:00pm Dynabands* (MP2) 3:30pm Line Dance* (MP2)</p> | <p>4 8:05 am Intermediate Yoga* (A) 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>5 7:45am Fitness For Life* & 9:00 am (MP2) 8:45am Walk N' Talk/Pehlke Pacers (Ly) 9:30am Memoirs* (A) 9:30am Watercolor Painting (V) 12:15pm Video Movie(G) 12:30pm Zumba* (MP2) 1:00pm Nostalgiacs (MP1) 1:00-4:00pm Genealogy Library Hours (Lib) 2:00pm Current Events (A) 2:00pm Chinese Culture Corner (MP1) 2:00pm Dynabands (MP2)</p> |
| <p>8 7:45am Fitness For Life* & 9:00 am (MP2) 8:05am Intermediate Yoga* 10:30am Chair Yoga*(A) 8:30am Veterans Services 8:30amTax Assist*(G) 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) 2:00pm Legal Assistance* 3:00pm Tap Dancing (V) 6:00pm Social Bridge (G) 6:30pm Prostate Cancer Support Group</p> | <p>9 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) 11:30am SCD Luncheon/Business Mtg. (MPR) 1:00pm Bridge/Pinochle (Lg) 1:00pm Tax Assistance* (G) 2:30pm Dynabands * (MP2) 6:30pm Mac Users Group (A)</p> | <p>10 7:45am Fitness For Life* & 9:00 am (MP2) 8:45am Walk N' Talk/Pehlke Pacers (Ly) 9:00am Bones for Life* & 10:30am (A) 10:00am Transitions Group (Lib) 10:15am Global Laughter Club (G) 12:00pm Tax Assistance* (G) 1:00pm Hem & Haw (A) 1:00pm Poker (Lg) 1:00-4:00pm Genealogy Library Hours (Lib) 1:30pm Linus Project (V) 2:00pm Dynabands* (MP2) 3:30pm Line Dance* (MP2)</p> | <p>11 8:05am Intermediate Yoga* (A) 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) 2:30pm Senior Commission Mtg. (MP1)</p> | <p>12 7:45am Fitness For Life* & 9:00 am (MP2) 8:45am Walk N' Talk/Pehlke Pacers (Ly) 9:30am Watercolor Painting (V) 9:30am Memoirs* (A) 10:00am Valentine Origami* 12:15pm Video Movie(G) 12:30pm Zumba* (MP2) 1:00pm Nostalgiacs (MP1) 1:00-4:00pm Genealogy Library Hours (Lib) 2:00pm Dynabands* (MP2) 2:00pm Chinese New Year/Valentines Day Celebr. 2:15pm Jam Session & Dance (MP1)</p> |
| <p>15</p> <p>Presidents' Day Holiday</p> <p>Senior Center and Elderly Nutrition Program Closed</p> | <p>16 9:00am Ceramics (V) 9:00am Tai Chi* (MP2) 9:30am Book Review (G) 10:15am Feldenkrais* (A) 10:30am American Sign Language Class (MPR2) 11:30am Feldenkrais* (A) 1:00pm Bridge/Pinochle(Lg) 1:00pm Tax Assistance* (G) 2:30pm Dynabands * (MP2)</p> | <p>17 7:45am Fitness For Life* & 9:00 am (MP2) 8:45am Walk N' Talk/Pehlke Pacers (Ly) 9:00am Bones for Life* & 10:30am (A) 10:00am Alzheimer's Support Group (Lib) 10:00am Men's Group (V) 10:15am Global Laughter Club (G) 12:00pm Tax Assistance* (G) 11:00am Food Distribution (MP2) 1:00pm Hem & Haw (A) 1:00pm Poker (Lg) 1:00-4:00pm Genealogy Library Hours (Lib) 1:30pm African American Music History 2:00pm Dynabands* (MP2) 3:30pm Line Dance*</p> | <p>18 8:05am Intermediate Yoga* (A) 9:00am HICAP Appts* 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>19 7:45am Fitness For Life* & 9:00 am (MP2) 8:45am Walk N' Talk/Pehlke Pacers (Ly) 9:30am Watercolor Painting (V) 9:30am Memoirs* (A) 10:00am Legal Assistance* 12:15pm Video Movie(G) 12:30pm Zumba* (MP2) 1:00pm Nostalgiacs (MP1) 1:00-4:00pm Genealogy Library Hours (Lib) 1:00pm Queen Bees – Game Day (V) 2:00pm Current Events (A) 2:00pm Chinese Culture Corner (MP1) 2:00pm Dynabands (MP2) Sat., Feb. 20, 12:00 – 3:00 pm SCD Bingo (V)</p> |
| <p>22 7:45am Fitness For Life* & 9:00 am (MP2) 8:05am Intermediate Yoga* 10:30am Chair Yoga*(A) 8:30am Tax Assistance* (G) 8:45am Walk N' Talk/Pehlke Pacers (Ly) 9:00am Oil/Acrylic Painting (V) 10:00am Hear/Here Group 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>23 9:00am Ceramics (V) 9:00am Tai Chi* (MP2) 10:15am Feldenkrais* (A) 10:30am American Sign Language Class (G) 10:30am UC Davis Speak Series – Craig Thomsen 11:30am Feldenkrais* (A) 1:00pm Bridge/Pinochle (Lg) 1:00pm Tax Assistance* (G) 2:00pm Talk on Fatigue - Franco Navazio* 1:30pm Parkinson's Support Group (MP1) 2:30pm Dynabands * (MP2) 7:00pm Internet Users Group (A)</p> | <p>24 7:45am Fitness For Life* & 9:00 am (MP2) 8:45am Walk N' Talk/Pehlke Pacers (Ly) 9:00am Bones for Life* & 10:30am (A) 10:00am Men's Group (A) 10:00am Transitions Group (Lib) 10:15am Global Laughter Club (G) 12:00pm Tax Assistance* (G) 1:00pm Hem & Haw (A) 1:00pm Poker (Lg) 1:00-4:00pm Genealogy Library Hours (Lib) 2:00pm Dynabands* (MP2) 3:30pm Line Dance* (MP2)</p> | <p>25 8:05am Intermediate Yoga* (A) 9:30am Memoirs* (MP2) 9:30am Bridge Lessons*(G) 10:30am Chair Yoga* (A) 12:30pm Bingo (V) 1:00pm Bridge Lessons*(G) 1:30pm Breathers Support Group (MP2) 2:30pm Dynabands * (MP2)</p> | <p>26 7:45am Fitness For Life* & 9:00 am (MP2) 8:45am Walk N' Talk/Pehlke Pacers (Ly) 9:30am Watercolor Painting (V) 9:30am Memoirs* (A) 12:15pm Video Movie(G) 12:30pm Zumba* (MP2) 1:00pm Nostalgiacs (MP1) 1:00-4:00pm Genealogy Library Hours (Lib) 2:00pm Dynabands* (MP2) 2:15pm Jam Session & Dance (MP1) <i>Possible furlough – call Senior Center, 757-5696</i></p> |
| | | <p>Room Key Multi Purpose Room East – MP2 Multi Purpose Room West – MP1 Game Room – G Library - Lib Activity Room – A Valente Room – V Lobby - Ly Lounge - Lg</p> | <p>Transportation Services 757-4408</p> <p>Senior Center Offices 757-5696</p> | <p>* Indicates need to register in advance, and/or by appointment Please call 757-5696</p> |