

Senior Scene

DAVIS SENIOR CITIZENS CENTER

646

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Office: (530) 757-5696

Travelaires: (530) 753-4159

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January 2010

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Email: seniorservices@cityofdavis.org

www.cityofdavis.org/cs/seniors/



RENO SNOW TRAIN

You've always wanted to take the snow train to Reno, right?! Now's the time to treat yourself --and support the Davis Senior Center -- by signing up for this winter getaway on **Wednesday and Thursday, February 17 and 18**. You'll ride the Amtrak train through the snow-capped

Sierra to Reno.

You'll depart from the Senior Center at 8:30 a.m. by bus to the Davis Amtrak station. While you enjoy your spectacular train ride, the bus continues, and your luggage is in your hotel room when you arrive around 4:00 p.m. You'll spend the night at the Silver Legacy, departing Thursday morning for a four-hour stop at the Nugget. Depart at 2:00 p.m. and return to Davis at 5:00 p.m.

This annual trip is sponsored by Davis Travelaires as a fundraiser for the Davis Senior Center. The price is \$160 per person for a double room. Add \$25 for a single. Contact Davis Travelaires, 753-4159, for more information.

MAD HATTER'S TEA PARTY

The Madhatter's Tea Party, scheduled for **Thursday, January 21 at 2:00 p.m.**, is definitely a "don't miss" event for the season!

There will be entertainment, coffee, delicious tea and many scrumptious treats. Prizes will be awarded to the person wearing the funniest hat, the most creative hat, and best of tie. The cost is \$3 if you wear a crazy hat or tie, and \$5 if you choose not to.



Tickets are on sale now. Please sign up at front office no later than Tuesday, January 19.

HOLIDAY CLOSURE SCHEDULE

The Senior Center, Elderly Nutrition Program and Meals on Wheels, will be closed **Mondays, January 1 for New Year's and January 18 for Martin Luther King, Jr. Holiday.**

SENIOR CITIZENS OF DAVIS Exploring New Possibilities

SENIOR OF THE YEAR LUNCHEON & MEETING

SCD will honor our 2010 "Senior of the Year" and install our newly elected board officers, Wes Penny – President, and Barbara Hodson – Treasurer, on **Tuesday, January 12, at 11:30 a.m.**

Lunch will be served about 11:45 and includes stuffed bell peppers, ceasar and fruit salads, rolls, the usual SCD appetizer, fresh vegetables with dip, punch and birthday cake.

Cost will be \$6 for members and \$8 for non-members. Tickets are on sale now at the front desk and will not be sold after January 7 because we must give a head count then to the caterers.

SCD 2010 MEMBERSHIP APPLICATION & DUES

At the membership meeting on December 1, SCD members approved the following 2010 fee schedule for membership and Senior Scene subscriptions.

<i>Couple membership & Senior Scene newsletter</i>	<i>\$34</i>
<i>Single membership & Senior Scene newsletter</i>	<i>\$22</i>
<i>Single membership only</i>	<i>\$12</i>
<i>Senior Scene newsletter only</i>	<i>\$10</i>

Your membership application and one card are included with this Senior Scene newsletter. A couple membership requiring a second card may be picked up at the front desk.

Please complete this easy application and return it with your payment. Note: Without renewal, your Senior Scene subscription will end with the February newsletter.

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

THANKS TO TRAVELAIRES

SCD wishes to say "thank you" to the Davis Travelaires for stepping up in 2009 to pay for the printing and postage expenses dealing with their Senior Scene page. You have helped a great deal and we are grateful.

SCD ADDS VALUE TO MEMBERSHIP CARD

In 2010, SCD membership has added value. Present your membership card and receive special discounts from these Davis businesses:

Pak Mail – 15% off of UPS, FedEx or DHL shipping costs – (excludes US Postal Service) Located at 1520 East Covell, (near Nugget Market).
Mengali's Florist – 10% off. Located at 611 Second Street.

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

VALENTINE'S DAY LUNCHEON - FEB. 9

On **Tuesday, February 9 at 11:30 a.m.**, after a short meeting, lunch will be served. The menu will be posted on the bulletin board and will include the usual SCD appetizer, fresh veggies with dip, punch and birthday cake. Entertainment will be singer songwriter Lisa Phenix and her guitar. In addition to her standard songs she will take requests.

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

HOLIDAY DINNER DANCE

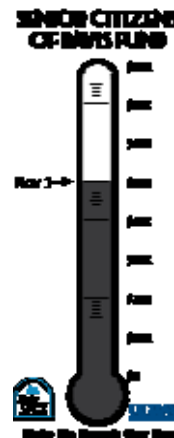
Wow! Great party. Food was wonderful, thank you "Morrison's" of Woodland. Frank Oddo and his quartet, as usual, made us all want to dance.

Kudos to the Senior Center staff and to each SCD party volunteer (you know who you are) and to each ticket holder -- you're why we do it.

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!

January 8 - Julie and Julia - (2009) 2 hours and 3 minutes - Julia Child and Julie Powell - both of whom wrote memoirs - find their lives intertwined. Though separated by time and space, both women are at loose ends... until they discover that with the right combination of passion, fearlessness and butter, anything is possible.

January 15 - To Kill A Mockingbird - (1962) 2 hours and 9 minutes - Atticus Finch is a lawyer in a racially divided Alabama town in the 1930s. He agrees to defend a young black man who is accused of raping a white woman. Many of the townspeople try to get Atticus to pull out of the trial, but he decides to go ahead. How will the trial turn out, and will it change any of the racial tension in the town ?

January 22 - Coming to America - (1988) 1 hour and 54 minutes - It is the 21st birthday of Prince Akeem of Zamunda and he is to marry a woman he never saw before. Now the prince breaks with tradition and travels to America to look for the love of his life.

January 29 - Casablanca - (1942) 1 hour and 42 minutes - Rick Blaine, who owns a nightclub in Casablanca, discovers his old flame Ilsa is in town with her husband, Victor Laszlo. Laszlo is a resistance leader, and with Germans on his tail, Ilsa knows Rick can help them get out of the country, but will he?

HELPING OTHERS

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

- **USED PRESCRIPTION EYEGLASSES AND HEARING AIDS**
- **HOUSEHOLD BATTERIES** (we keep them from contaminating the landfill)
- **CHARITABLE FINANCIAL GIFTS** are always welcome (and tax deductible).

SOCIAL SECURITY AT THE SENIOR CENTER

On **Wednesday, January 27 at 9:00 a.m.** first come , first served. No reservation necessary.

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 January menu, you can request Salisbury 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!

Wednesday, January 27– “Happy Birthday” with fruit juice, roast turkey with gravy, dressing and cranberry sauce, baked sweet potatoes and birthday cake.

Please note: The lunch program, will be closed Friday, January 1, and Monday, January 18.

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.

LONG-TERM CARE WEBSITE

Consumers shopping for a long-term care provider can find help from a new Web site by the California Health-Care Foundation.

The free site, CalQualityCare.org, provides ratings for the state's growing number of residential nursing homes, home health agencies and hospices.

The facilities are rated, from "superior" to "poor," on such indicators as staffing levels, reported deficiencies and quality of care. The data is based on information from state and federal agencies.

The website also explains levels of care and how to finance long-term care.

VETERANS' SERVICES

Veterans' service representative Billy Wagster will be at the Center for drop-in consultation **Monday, January 11, 8:30-11:30 a.m.**

TRANSPORTATION**DAVIS COMMUNITY TRANSIT**

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

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.

Throughout January, we will be displaying our work in the hallway of the Senior Center. Please come and enjoy our work.

WATERCOLOR PAINTING

Suzie Valdrow is teaching the senior watercolor class in January. Class members continue to explore the fun of painting with the guidance of our experienced leaders. Do bring watercolor paints, watercolor paper, brushes, a container for water and your enthusiasm.

The class begins at 9:30 a.m. on Fridays. Many arrive about 9:00 a.m. to set up and socialize. Join us.

HEM & HAW

All items that are for sale are in the display case in the hallway. If there is something that 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 Senior Center.

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

PROJECT LINUS

The regular meeting day for Project Linus has changed for 2010. The group will now meet on the second Wednesday of each month 1:30-3:30 p.m. in the Valente Room. This month's meeting is on **January 13.**

Project Linus chapters across the country provide security through blankets to seriously ill or traumatized children. The group is a 100% volunteer, non-profit organization. You are welcome to come and help quilt, knit, crochet or otherwise create blankets with this group. For more information, contact Diane McGee at mcgeedav@dcn.org or 753-3436.

MISCELLANEOUS**AMERICAN SIGN LANGUAGE CLASS**

Sign language is a fun way to keep one's mind active and learn a new language and culture. Classes will resume in January and will be held on **Tuesdays, 10:30 - 11:30 a.m.** starting **January 5.** Serious students are encouraged to buy *The Joy of Signing - 2nd Edition* by Lottie L. Riekehof. The book is an excellent resource for those who want to

learn sign language. For those who do not want to purchase the book, materials can be purchased for \$2 at class.

Although the class will be advancing from week to week, newcomers are always welcome. Sign language is a fun way to keep one's mind active and learn a new language and culture. Sign up at the front desk for this free program.

SENIOR CITIZENS COMMISSION

This city of Davis advisory commission will meet on **Thursday, January 14, at 2:30 p.m.** at the Davisville Apartments, 1221 Kennedy Place. The public is encouraged & welcome to attend. Agendas and past meeting minutes may be viewed on line at www.cityofdavis.org/meetings

CHINESE NEW YEAR & VALENTINE'S DAY CELEBRATION

This year Valentine's Day and Chinese New Year fall on the same day! Mark your calendar to celebrate both hearts & cherubs along with the Year of the Tiger, **Friday, February 12, 2:00 – 4:00 p.m.** Please sign up at the front desk.

A NIGHT OF BLUES

Enjoy "A Night of Blues" on **Saturday, January 9 at 6:00 p.m.** at the Veterans Memorial Theatre in Davis.

The evening's line-up includes local blues artists D.S.G., the Bill Scholer Blues Band, and the Hucklebucks. Tickets are \$7 in advance and are available at the Community Services Office at City Hall located at 23 Russell Blvd, Suite 5, Davis. Tickets will be available at the door for \$9.

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

UC DAVIS MINI-MEDICAL SCHOOL

UC Davis' popular "Mini-Medical School" is accepting signups for its 2010 session. This is an opportunity to attend classes focused on normal human aging and avoidance of the diseases and conditions associated with aging. Classes run every Saturday morning from February 6 to March 13.

For enrollment information call 916-734-7264 or go to www.ucdmc.ucdavis.edu/minimed

UC DAVIS SPEAKERS SERIES

The Davis Senior Center and the UC Davis Writing Program have partnered together to bring us the UC Davis Speakers Series. Members of the UCD Community will be giving presentations on a wide variety of subjects once a month throughout the academic year. Please sign up at the front desk if you are interested in attending.

1:00-2:00 p.m., Tuesday, January 26

Kevin Roddy (Medieval Studies) – The Monasteries of England: A Visual History Throughout the Middle Ages, but especially in the 13th and 14th centuries, monks in England built some of the most picturesque and beautiful monasteries in



Europe. This is particularly true in Yorkshire, to the north of England, where such sites as Fountains Abbey, Rievaulx, Bylands, Mount Grace and Whitby, even in ruins, present spectacular testimonies to magnificent architecture and well organized communal living.

10:30-11:30 a.m., Tuesday, February 23

Craig Thomsen (Plant Science) – California Plants

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

Alison Kent (Audubon Society) - Sketching Nature A Workshop

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

David Robertson (English Department) - Digital Photography

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

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

3:30 – 4:30 p.m., Tuesday, June 8

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

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.**

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 1, 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. The cost is \$12 for Davis residents.

GUIDED RELAXATION THROUGH VISUALIZATION TECHNIQUES

Guided imagery is used to focus the mind and induce relaxation which can help reduce anxiety, manage stress, and help you sleep better. Class will be held on **Monday, January 25, 10:00 – 11:00 a.m.** Newcomers are encouraged to join. Sign up for this free program by calling 757-5696 or stop by the front desk.

PELKE DONATION FOR FITNESS

Family and friends of the late Charlotte Pehlke have again made a donation in her memory to continue supporting the "Pehlke Pacers" and other Senior Center programs. Charlotte was a long-time center volunteer who took frequent walks with her dog Cinder along Davis greenbelts. The memorial fund established in her name maintains the Pehlke Pacers Heart Healthy Walking Program.

If you want to take up the walking habit, we have free pedometers available at the Senior Center. We encourage you to use the pedometers to track the number of steps you take each day. Rather than

aim for a certain mileage, the goal is to take 10,000 steps a day. Information and pedometers are free!

We also have a hardy group of walkers who set out at 8:45 a.m. Monday, Wednesday and Friday mornings from the Center. They always welcome newcomers.

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 (M, 1:00 – 2:30 p.m.)	Feb 1 \$12 res/\$18/\$25 non-res
Dynabands (T, Th 2:30-3:30 p.m.)	Jan 5 – Feb 25 \$20 res/\$26/\$33non-res
Dynabands (MWF, 2:00-3:00 p.m.)	Jan 4 – Feb 26 \$24/res/\$30/\$37non-res
Feldenkrais (MWF, 10:15 – 11:15 a.m.)	Jan 5 - 26 \$21 res/\$27/\$34 non-res
Feldenkrais (MWF, 11:30 – 12:30 a.m.)	Jan 5 – 26 \$21 res/\$27/\$34 non-res
Fitness for Life – Adv. (MWF, 7:45-8:45 a.m.)	Jan 4 - 29 \$39 res/\$45/\$52 non-res
Fitness for Life – Beg. (MWF, 9:00 - 10:00 a.m.)	Jan 4 - 29 \$39res/\$45\$52 non-res
Line Dance (W, 3:30-4:30 p.m.)	Jan 6 - 27 \$17 res/\$23\$30non-res
Tai Chi/Chi Gung (T, 9:00-10:00 a.m.)	Jan 5 - 26 \$20 res/\$26/\$33 non-res
Tap Dancing (M, 3:00-4:00 p.m.)	Ongoing Free
Walk n' Talk (MWF, 8:45-9:45 a.m.)	Ongoing – Join anytime! No Fee
Yoga – Intermediate (M,Th, 8:05 -10:05 a.m.)	Jan 4 – Feb 1 \$80 res/\$86/\$93 non-res
Yoga – Chair (M,Th, 10:30-11:30 a.m.)	Jan 4 – Feb 1 \$42 res/\$48/\$55 non-res
Zumba (F, 12:30 – 1:15 p.m.)	Jan 8 - 29 \$16 res/\$22/\$29non-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, January 20 at 10:00 a.m. meets this month only in the home of group leaders Glen and Barbara Erickson. Call 757-5696 for more information.

BREATHERS SUPPORT GROUP – Thursday, January 28 at 1:30 p.m.

DAVIS PERIPHERAL NEUROPATHY SUPPORT GROUP - Tuesday, January 5 at 3:30 p.m. Everyone is welcome. Contact Mary Sprifke, 756-5102 for more information.

MEN'S GROUP – Wednesday, January 27 at 10:00 a.m.

PARKINSON'S SUPPORT GROUP – Tuesday, January 26 at 1:30 p.m.

PROSTATE CANCER SUPPORT GROUP
Monday, January 11, 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. This will be the first meeting of the year, and we will discuss the group's wishes for the program for the coming year. For further information, call 756-9153 or 758-8322.

TRANSITIONS GROUP - Wednesdays, January 13 and 27 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
Tuesday, January 19 at 1:00 p.m. "Tricks and Tips for Seniors with Vision Loss" - If you have a vision loss, you're probably finding that daily tasks are more difficult to complete. This month's meeting topic is adaptive living products. Bring your questions and your curiosity to the meeting. The Society for the Blind will bring examples of items which assist in tasks such as, writing, paying bills,

pouring hot liquids, setting washing machine or oven dials, and more.

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, January 16 from 12:30 - 3:00 p.m.** Snacks are provided. The cost is 25¢ per card for two games.

BOOK REVIEW AND SENIOR READS

Stan Forbes will be here on **Tuesday, January 19 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 *Olive Kitteridge*, by Elizabeth Strout. Books are available at the front desk for \$10.

CHINESE CULTURE CORNER

Chinese Culture Corner will meet **Friday, January 15, 2:00 - 4:00 p.m.** (no meeting on January 1 because the center is closed). The group will exercise, paint, play games and socialize. Everyone is welcome.

CURRENT EVENTS DISCUSSION GROUP

The discussion group will meet on **Friday, January 15, 2:00 p.m.** The center will be closed on the first Friday. Everyone is welcome to drop in and join the discussion. Historical and timely events of interest are featured.

GENEALOGY CLUB & LIBRARY

Happy New Year, family history researchers and friends! We look forward to an exciting roster of new speakers and events to keep us moving forward with our genealogy research throughout the new year!

We are still in the process of procuring an interesting speaker and topic for our **January 25, 1:00 p.m.** program, so we do not yet have details to share. Please check out our website (below) over the next weeks to see what is planned for our kick-off program January 25.

Remember, too, our library remains open to the public on Wednesdays and Fridays from 1:00 to 4:00 p.m. Volunteers are available during these hours to help with questions.

We encourage you to check out our website as well as event postings at the Genealogy Library for upcoming programs in Davis and elsewhere, and please feel free to bring friends to any event.

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 meet monthly on the fourth Tuesdays, **7:00 - 8:30 p.m.** in the Activity Room. All are welcome so we hope you'll come and enjoy the programs. On **January 26** we'll talk about "Keeping Safe and Secure on the Internet." In what ways can my use of the Internet be dangerous? Can I avoid picking up viruses etc. as I browse? If I leave my dsl- or cable-connected computer on all the time is it secure? Is PayPal safe? What about online banking? And, is it OK to give online stores my credit card number? We'll delve into many aspects of security and privacy.

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



DSC QUEEN BEES

The ladies of the Queen Bees cordially invite you to their monthly "Game Day" to be held on **Friday, January 15, 1:00 - 3:00 p.m.** All you need is to bring a treat to share, and a willingness to giggle & truly have fun.

Join our Queen Bees group at the Thai Bistro, 234 E Street, in the E Street shopping center, **Tuesday, January 19 at 11:30 a.m.**
RSVP: Joyce 758-4757 no later than January 18.

MAC USERS GROUP

This group will be meeting on **Tuesday, January 12, 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, January 8 and 22 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, January 5, 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	\$ 63
Davis Genealogy Group Donation	\$300
Hem & Haw (SCD)	\$133
Holiday Craft Affair	\$525
Information & Assistance	\$ 27
Medical Equipment Donations	\$175
Memoirs Group - Friday	\$139
Memoirs Group - Thursday	\$165
Miscellaneous	\$219
Monday Nite Social Bridge	\$ 19
Pehlke Memorial Donations	\$350
Tuesday Pinochle	\$ 10
Watercolor Group	<u>\$200</u>
Total	\$2,325

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

WANTED!

Old white T-Shirts, old flannel or cotton jersey sheets and baby (receiving/flannel) blankets. These items will be recycled into washable baby diapers by five home-economics classes in Yolo County and given to low-income mothers. Contact Maria Tebbutt at 753-1125, or funmaria@sbcglobal.net for pick-up service. Like to sew? Let her know.

* * * * *

"Our lives begin to end the day we become silent about things that matter."

Martin Luther King, Jr.

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**

January 12, 2010 – King Tut Exhibit at the deYoung – Wait list.

January 14 – Red Hawk Casino – Depart Davis Senior Center at 8:30 and Rancho Yolo at 8:45 a.m. Return at approximately 3:15 p.m. with drop-offs at both places. \$20 with \$10 slot play.

January 20 – Skylark, A Tribute to Johnny Mercer – Wait list.

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 – Wait list.

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. Also enjoy 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 lunch at Bridgeport Inn. \$525 pp dbl., ss add \$115.

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 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.

Norwegian Coast presentation, Tuesday, January 26 at 2:00 p.m. Senior Center activity room. Sign up prior to or at the presentation and receive \$50 per person reduction off final payment.

Davis Senior Center Activities – January 2010

Monday	Tuesday	Wednesday	Thursday	Friday
	Transportation Services 757-4408 Senior Center Offices 757-5696 Indicates need to register in advance, and/or by appointment. Please call 757-5695	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		1 New Year's Day Senior Center and Elderly Nutrition Program Closed
4 7:30am Fitness For Life* & 8:45 am (MP2) 8:05am Intermediate Yoga* 10:30am Chair Yoga* (A) 9:00am 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)	5 9:00am Ceramics (V) 9:00am Tai Chi (A) 10:15am Feldenkrais* (A) 10:30am American Sign Language* 11:30am Feldenkrais* (A) 1:00pm Bridge/Pinochle (Lg) 2:30pm Dynabands * (MP2) 3:30pm Peripheral Neuropathy Support Group 7:00pm Stamp Club (G)	6 7:30am Fitness For Life* & 8:45 am (MP2) 8:45am Walk N' Talk/Pehlke Pacers (Ly) 9:00am Peer Counselors Meeting (V) 10:15am Laughter Club (G) 1:00pm Hem & Haw (A) 1:00pm Poker (Lg) 1:00-4:00pm Genealogy Library Hours (Lib) 2:00pm Dynabands* (MP2) 3:30pm Line Dance* (MP2)	7 8:05am Intermediate Yoga* (A) 9:30am Memoirs* (MP2) 10:30am Chair Yoga* (A) 12:30pm Bingo (V) 1:00pm Bridge* (G) 2:30pm Dynabands * (MP2) 3:30pm LGBTea (G)	8 7:30am Fitness For Life* & 8:45 am (MP2) 8:45am Walk N' Talk/Pehlke Pacers (Ly) 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) 2:15 Jam Session & Dance (MPR1) 2:00pm Dynabands (MP2)
11 7:30am Fitness For Life* & 8:45 am (MP2) 8:05am Intermediate Yoga* 10:30am Chair Yoga* (A) 8:30am Veterans Services 8:45am Walk N' Talk/Pehlke Pacers (Ly) 9:00am Oil/Acrylic Painting (V) 12:30pm Duplicate Bridge (MP1) 1:00pm Genealogy 1:00pm Scrabble/Bridge/Mah Jongg/Canasta (G) 2:00pm Dynabands* (MP2) 2:00pm Legal Assistance* 3:00pm Tap Dancing (V) 6:00pm Social Bridge (G) 6:30pm Prostate Cancer Support Group	12 9:00am Ceramics(V) 9:00am Tai Chi* (MP2) 10:15am Feldenkrais* (A) 10:30am Blood Pressure Check (MP1) 10:30am American Sign Language* 11:30am SCD Luncheon/Meeting (MPR)* 11:30am Feldenkrais* (A) 1:00pm Bridge/Pinochle(Lg) 2:30pm Dynabands * (MP2) 6:30pm Mac Users Group (A)	13 7:30am Fitness For Life* & 8:45 am (MP2) 8:45am Walk N' Talk/Pehlke Pacers (Ly) 10:00am Transitions Group (Lib) 10:15am Laughter Club (G) 1:00pm Hem & Haw (A) 1:00pm Poker (Lg) 1-4:00pm Genealogy Library Hours (Lib) 1:00pm Linus Project(V) 2:00pm Dynabands* (MP2) 3:30pm Line Dance* (MP2)	14 8:05am Intermediate Yoga* (A) 9:30am Memoirs* (MP2) 10:30am Chair Yoga* (A) 12:30pm Bingo (V) 2:30pm Dynabands * (MP2) 2:30pm Senior Commission held at Davisville Apartments	15 7:30am Fitness For Life* & 8:45 am (MP2) 8:45am Walk N' Talk/Pehlke Pacers (Ly) 9:30am Watercolor Painting (V) 12:15pm Video Movie(G) 12:30pm Zumba* (MP2) 1:00pm Queen Bees – Game Day (V) 1:00pm Nostalgics (MP1) 1:00-4:00pm Genealogy Library Hours (Lib) 2:00pm Current Events (A) 2:00pm Chinese Culture 2:00pm Dynabands* (MP2)
18 Martin Luther King, Jr. Day Senior Center & Elderly Nutrition Program Closed	19 9:00am Ceramics(V) 9:00am Tai Chi* (MP2) 9:30am Book Review (G) 10:15am Feldenkrais* (A) 10:30am American Sign Language* 10:30am Senior Center Reads (G) 11:30am Feldenkrais* (A) 11:30am Queen Bees luncheon at Thai Bistro 1:00pm Bridge/Pinochle(Lg) 1:00pm Vision Support Group 2:30pm Dynabands * (MP2)	20 7:30am Fitness For Life* & 8:45 am (MP2) 8:45am Walk N' Talk/Pehlke Pacers (Ly) 9:00am Bones for Life* (G) 10:00am Alzheimer's Support Group (Lib) 10:15am Laughter Club (G) 11:00am Food Distribution (MP2) 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*	21 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) 2:00pm Mad Hatter Tea Party*(MP1) 2:30pm Dynabands * (MP2)	22 7:30am Fitness For Life* & 8:45 am (MP2) 8:45am Walk N' Talk/Pehlke Pacers (Ly) 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 Dynabands (MP2) 2:15pm Jam Session & Dance Sat., January 16, 12:00 – 3:00 pm SCD Bingo (V)
25 7:30am Fitness For Life* & 8:45 am (MP2) 8:05am Intermediate Yoga* 10:30am Chair Yoga* (A) 8:45am Walk N' Talk/Pehlke Pacers (Ly) 9:00am Oil/Acrylic Painting (V) 10:00am Guided Relaxation Through Meditation (V) 12:30pm Duplicate Bridge (MP1) 1:00pm Scrabble/Bridge/Mah Jongg/Canasta (G) 1:00pm Davis Genealogy Club (A) 2:00pm Dynabands* (MP2) 3:00pm Tap Dancing (V) 6:00pm Social Bridge (G)	26 9:00am Ceramics(V) 9:00am Tai Chi* (MP2) 10:15am Feldenkrais* (A) 10:30am American Sign Language* 11:30am Feldenkrais* (A) 1:00pm Bridge/Pinochle (Lg) 1:00pm UC Davis Speaker Series, "Monasteries" (MP1) 1:30pm Parkinson's Support Group (MP1) 2:30pm Dynabands * (MP2) 7:00pm Internet Users Group (A)	27 7:30am Fitness For Life* & 8:45 am (MP2) 8:45am Walk N' Talk/Pehlke Pacers (Ly) 9:00am Bones for Life* (G) 10:00am Men's Group (A) 10:00am Transitions Group (Lib) 10:15am Laughter Club (G) 1:00pm Hem & Haw (A) 1:00pm Poker (Lg) 1:00-4:00pm Genealogy Library Hours (Lib) 2:00pm Dynabands* (MP2) 3:30pm Line Dance* (MP2)	28 8:05am Intermediate Yoga* (A) 9:30am Memoirs* (MP2) 9:30am Bridge Lessons* (G) 12:30pm Bingo(V) 1:00am Bridge Lessons* G 1:30pm Breathers Support Group (G) 2:30pm Dynabands * (MP2)	29 7:30am Fitness For Life* & 8:45 am (MP2) 8:45am Walk N' Talk/Pehlke Pacers (Ly) 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 Dynabands* (MP2)

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

CONGREGATE MENU

January 2010

				Friday Jan 1
\$3.00 Suggested Senior Contribution Mandatory charge of \$3.50 for Essential Volunteers (under 60)	By popular demand choice of entrées has arrived! On the days marked "ALTERNATE" you can request <u>Salisbury steak</u> as an alternate entrée choice. The rest of the meal will be the same. See the site manager to order your alternate entrée. Congregate Only			Happy New Year Holiday
Monday Jan 4	Tuesday Jan 5	Wednesday Jan 6	Thursday Jan 7	Friday Jan 8
* Greek Ravioli w/Creamy Feta Sauce *Baby Carrots w/Mint* *Whole Wheat Bread *Fresh Fruit+	Garlic Chicken * "Stir-Fried" Brown Rice *Asian Vegetable Blend *Whole Wheat Roll *Fruit Juice+ ALTERNATE	Meatloaf w/Gravy *Mashed Potatoes+ *Broccoli & Cauliflower+* *Whole Wheat Bread * Fruit Cocktail	* Chunky Vegetable Soup* *Turkey Salad in a Croissant *Peaches N Cream Gelatin+	* Potato Crusted Ham & Cheese Pie *Cabbage Slaw+ w/Craisins *Banana+
Monday Jan 11	Tuesday Jan 12	Wednesday Jan 13	Thursday Jan 14	Friday Jan 15
** Lemon Pepper Fish w/tartar sauce *Lentil and Tomato Medley+ Chef's Vegetable Blend* *Whole Wheat Roll *Blushed Pears ALTERNATE	SCD Luncheon/Meeting No ENP Meal Today MOW Delivery Only	* Hearty Beef & Barley Soup *Half Cheese Sandwich on Rye Bread *Sugar Free Gelatin w/Fruit+	* Creamy Ricotta Penne Bake *Italian Vegetable Blend* *Baguette *Fruit Juice+	BBQ Chicken *Rodeo Beans Spinach Salad* *Biscuit *Fresh Fruit+
Monday Jan 18	Tuesday Jan 19	Wednesday Jan 20	Thursday Jan 21	Friday Jan 22
Martin Luther King Holiday	* Swedish Meatballs *Whipped Potatoes+ *Scandinavian Vegetables* *Whole Wheat Bread *Fruit Juice+	* Brunswick Chicken Stew Brussel Sprouts+ *Whole Wheat Roll *Sliced Apples	** Creamy Pumpkin Bisque* *Ham Sandwich on Wheat Romaine Salad *w/Mandarin Oranges+	*Fruit Juice+ * Heavenly Beef & Rice *Mixed Vegetables* *Whole Wheat Bread **Tapioca Pudding
Monday Jan 25	Tuesday Jan 26	Wednesday Jan 27	Thursday Jan 28	Friday Jan 29
* Oven Fried Chicken *Au Gratin Potatoes *Broccoli+* *Whole Wheat Bread *Tropical Fruit+	* Tamale Pie w/Beef and Cornbread Crust *Green Beans *Pineapple Tidbits+	Happy Birthday *Fruit Juice+ Roast Turkey w/Gravy *Dressing & Cranberry Sauce *Baked Sweet Potatoes* **Birthday Cake	Pork Ragout *Served over Brown Rice Chef's Vegetable Blend+* *Whole Wheat Bread *Baked Peaches ALTERNATE	* Pan Style Omelet *O'Brien Potatoes *Blueberry Crumble *Banana+

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
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Elderly Nutrition Program Main Office Woodland 662-7035

Partially funded by A4AA

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

See reverse for symbol explanations