



Transportation: (530) 757-4408 Office: (530) 757-5696 Travelaires: (530) 753-4159
Volume XXXIV Number 3 Office Fax: (530) 758-0463 **March 2010**
\$10.00/Year Subscription Email: seniorservices@cityofdavis.org www.cityofdavis.org/cs/seniors/

WINTER BIRDS

If you are curious about what birds you've been seeing this winter, or which ones are here year-round, join us at the Senior Center on **Tuesday, March 9, 1:30-3:00 p.m.** Lois Richter, an Audubon member and Arboretum docent will present a slide show and talk about birds in our area.

Lois recently presented a program titled: "Winter Birds in the UC Davis Arboretum." It was so well-received that she has agreed to an encore presentation, free and open to everyone. After the program, if weather permits, Lois invites you to join her walking in the Arboretum. (You must provide your own transportation.)

Please sign up at the Senior Center front desk or call 757-5696. For more information, call 758-5058.



ST. PATRICK'S DAY CELEBRATION

Join us for coffee, tea and dessert as we enjoy musical entertainment by fiddlers from the Waldorf School, **Wednesday, March 17 at 12:30 p.m.**



Reserve your spot for this free activity by calling 757-5696.

CROCKER TALKER

Jan Geiger, a docent at Sacramento's Crocker Art Museum will be at the Senior Center **Wednesday, March 24 at 10:30 a.m.**, to present the various programs, exhibitions and resources that the Crocker has to offer. Join us for an entertaining session that touches upon both the history of the museum and its collection, and the exciting plans surrounding their 200,000 square foot expansion.

FURLOUGH CLOSURE SCHEDULE

Most Senior Center programs will be cancelled **Friday, March 26** for a furlough day. Fee-based exercise classes, the Elderly Nutrition Program and Meals on Wheels will be operating that day.

SENIOR CITIZENS OF DAVIS Exploring New Possibilities

SPRING FLING

Get your ticket now for SCD's salute to spring on **Tuesday, March 9 at 11:30 a.m.** Entertainment will feature the Senior Center's own "Davis Swingers" and their special style of dance.

The luncheon will be catered by Atria Covell Gardens and includes corned beef and cabbage, organic fingerling potatoes, chicken marinated in olive oil, garlic and fresh herbs with white wine caper sauce. Salads will include Caesar with romaine lettuce hearts and mixed organic baby greens with citrus segments, fresh avocado and champagne vinaigrette.

Hors d'oeuvres will include fresh veggies, chips and dip, punch, coffee and birthday cake.

Tickets cost \$7 for SCD members and \$9 for non members. *No tickets will be sold after 12 noon on March 5.*

SPECIAL "SCD LUNCHEON" NOTICE

SCD will *not* hold its regular membership business luncheon on April 13. Instead, SCD will partner with the Senior Center's staff to bring you a fun-filled "International Party." See page 7 for more information.

TIME TO RENEW!

If you have not yet renewed your SCD membership, please remember to do so and take advantage of the membership discounts.

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. 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 January and first half of February cards were sent to the following:

Get Well cards to Sid Lucero and Alma Troccoli.

Thinking of You cards to Mel and Barbara Ridgway.

Sympathy cards to family of Verna Travell, family of Robert Bruce, family of Eva Mae Hatton, family of Pat Kasprowicz, card to Catherine Neff for loss of mother Irma Schaffer, card to Lellingby Boyce for loss of her sister.

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.

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.

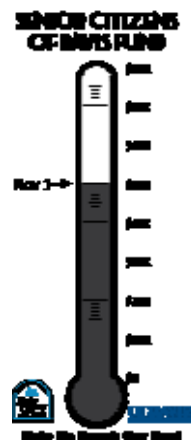
NURSING SCHOLARSHIP WINNER

UC Davis has selected the first two recipients of the Senior Citizens of Davis nursing scholarship fund. Both students, Stephanie Miller and Rodrigo DeZubiria, will be working on projects at the Senior Center to be completed by mid-May. We'll keep you informed in upcoming newsletters as the projects are defined. We welcome these FNP/PA (family nurse practitioner/physician assistant) students!

NURSING SCHOLARSHIP FUND DONATIONS

With donations from SCD members, our current fund total has now exceeded \$50,000 for the Betty Irene Moore School of Nursing Scholarship at UCD.

We are thankful for your continuing support.



MOVIES

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

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

March 5 - Aviator (2004) - 2 hours 50 minutes - A biopic depicting the early years of legendary director and aviator Howard Hughes' career, from the late 1920s to the mid 1940s.

March 12 - 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 the Germans on his tail, Ilsa knows Rick can help them get out of the country, but will he?

March 19 - The Bridges of Madison County (1995) - 2 hours and 15 minutes - Photographer Robert Kincaid wanders into the life of housewife Francesca Johnson, for four days in the 1960s. They fall in love, but she's married with children.

March 26 - No movie - Furlough day

THE GIFT OF GIVING

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

Duplicate Bridge – Monday	\$ 73
General Memorial Donation	\$100
Hem & Haw (SCD)	\$119
Information & Assistance	\$ 31
Mad Hatters Event	\$100
Medical Equipment Donations	\$ 68
Miscellaneous	\$187
Nostalgics	\$ 19
Tax Help Donation	\$ 60
Thursday Scrabble	\$ 50
Tuesday Pinochle	<u>\$ 10</u>
Total	\$817

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

ALTERNATIVE ENTRÉE CHOICE

On the days marked “alternate” on the March 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!

Wednesday, March 17 – “Celebrate St. Patrick’s Day” with corned beef and cabbage with carrots and potatoes, rye bread, emerald isle and dessert.

Wednesday, March 31 – “Happy Birthday” with chicken a la orange, brown rice, chef’s blend vegetables, juice and birthday cake.

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

UPDATED RESOURCE GUIDE

The newest edition of the *2010 Yolo County Senior Resource Guide* is now available. Single printed copies of the guide are available at the front desk of the Senior Center. You may also access the guide online at www.cityofdavis.org/cs/seniors and click on "Senior Resource Guide."

The guide is filled with the names, phone numbers and websites of many services and programs for older adults in Yolo County. You'll find resources for advocacy, home care, legal assistance, transportation and many other needs in this handy 18-page document.

Thanks to Senior Citizens of Davis for funding the printing of the guide.

SENIOR SCENE ON THE WEB

If you or your family members are computer savvy, you might want to access the monthly Senior Scene newsletter on the Davis Senior Center's website www.cityofdavis.org/cs/seniors/seniorscene. You can bookmark the site, check it monthly, and refer back to it whenever you need to know about upcoming events and programs.

LOWER YOUR POWER BILLS

Several programs might help reduce your energy costs if you qualify. Contact Lisa at the Senior Center for 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 to www.pge.com/care

HEAP - 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 530-669-5700.

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 for more information.

TAX ASSISTANCE PROGRAM

The Senior Center, in conjunction with the AARP Tax Aide Program, offers free tax preparation services by experienced volunteers for low- and moderate-income individuals.

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.

TRANSPORTATION

DAVIS COMMUNITY TRANSIT

Unitrans now accepts the DCT certification card as a free pass to ride Unitrans buses. As you board the Unitrans bus, simply present your DCT certification card to the bus driver.

In other news, we now have a dispatch computer that we use to schedule rides. The computer helps in computing daily, monthly and annual statistics, and we will be saving resources as well! Please be patient as we transition into using the computerized process. If you have any questions please feel free to contact our office at 757-4408.

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

Carol Bernard will guide the Senior Watercolor Class in March. With spring in the air and creative juices flowing, Carol will make the class both fun and helpful. Bring the usual supplies. Classes begin **Fridays at 9:30** and end at 11:30 a.m. Most arrive at 9:00 to set up.

There will be no class on Friday, March 26 due to a city furlough.

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, March 10, 1:30 -3:30 p.m.**

Project Linus chapters across the country provide security through handmade blankets to children in need. The group is a 100% volunteer, non-profit organization. Please join us and help sew the Project Linus label in each handmade blanket we collect. Also, you may bring your own project (crochet, knit or quilt) to work on too. We look forward to having you join our group. For more

information, contact Diane McGee at mcgeedav@dcn.org or 753-3436.

MISCELLANEOUS

BASIC LAW CLASSES



UCD Law Student Maria Martinez will discuss and answer questions on various topics of law throughout the month of March. Sign up at the front desk if you are interested in attending one or all of these free programs.

Friday, March 5: Free and Low Cost Legal Help 9:00 - 10:00 a.m. Discussing different (low-cost and free) court services

10:15 - 11:15 a.m. Different types of courts (small claims, family, criminal, etc); Alternative dispute resolution in civil cases; and Traffic information

Friday, March 12: Contracts

9:00 - 10:00 a.m. What constitutes a contract; and different types of contracts.

10:15 - 11:15 a.m. What a contract isn't and when it is legal to "break" a contract

Friday, March 19: Landlord-Tenant Law

9:00 - 10:00 a.m. Different types of rental agreements; what constitutes a landlord-tenant relationship.

10:15 - 11:15 a.m. Elderly tenant protection laws; What an elderly tenant is allowed to do or not do.

CELL PHONE HELP

Learning how to use a cell phone can be very confusing. Even making a simple call can present a challenge to those of us who grew up with rotary phones. 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.

ELDER ABUSE AND NEGLECT PRESENTATION

A representative of the Sexual Assault and Domestic Violence Center (SADVC) of Yolo County will be at the Senior Center to make a presentation on Elder Abuse and Neglect on **Tuesday, March 16 at 2:00 p.m.** Elder abuse takes many forms: physical, psychological, financial, verbal, sexual, and includes cases of domestic violence, neglect and abandonment, as well as self-neglect. Raising awareness about this issue is one of the best ways to help prevent it.

The presentation will help people understand the warning signs of abuse and neglect and what it means to report. It will also address the importance of developing and maintaining healthy relationships with our families and caregivers as one ages.

AARP DRIVERS SAFETY RENEWAL CLASS

If you have taken the full 2-day AARP Driver Safety class within the last three years, you can take a shortened renewal class and still get your certificate.



On **Wednesday, March 31, 8:30 a.m. - 1:30 p.m.**, we will offer the shortened class at the Senior Center. Class size is limited and you need to sign up in advance. Your check should be made out to AARP for \$12 per person for AARP members, \$14 for non members.

SENIOR CITIZENS COMMISSION

The city of Davis Senior Citizens Commission will meet **Thursday, March 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

**EMERGENCY UPDATES FROM CITY**

The city of Davis will begin using www.nixle.com to share emergency and other important city-related information, such as road closures, with the public. Nixle is a free service, designed specifically for public agencies to share information with subscribers.

Individuals register at www.nixle.com and can choose how messages are to be communicated - via emails and/or text messages. In addition, subscribers can specify multiple locations, such as a home address, a business address and a child's school address. The city can then tailor messages to certain areas of town, if necessary. The Nixle site is secure - subscribers will only receive messages from the city of Davis and other communities of the subscriber's choice. For more information: call 530-757-5602.

UC DAVIS SPEAKERS SERIES

This partnership between the Senior Center and UCD continues with 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.

Tuesday, April 6, 3:30 p.m.

Alison Kent (UC Davis Wildlife Health Center)
'Sketching Nature: A Workshop'

It seems that 99.99% of children can draw! But something happens to derail this most human creative activity: an unkind word from a peer, a parent, or a teacher can convince most of us that we "can't draw," and we never do again for the rest of our lives. Join us as we shed our fear of making mistakes, we open our eyes to the natural world and once again take pleasure in drawing. Bring a pen (preferred) or pencil and some sketching paper.

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

David Robertson (English Department) - 'Digital Photography'

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

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

Tuesday, June 8, 3:30 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.

CELEBRATE CHINA!

Save the date for "Celebrate China!" a celebration of the Chinese culture on **Tuesday, April 13, 11:30 - to 2:00 p.m.** The event will include wonderful Chinese cuisine, exciting entertainment and raffle prizes! Tickets go on sale March 9 for \$10 per person (\$8 for SCD members) at the front desk of the Senior Center.

SENIOR CENTER FUNDRAISER HAS BEGUN!

A variety of beautiful elephant figurines are for sale in the hallway display cabinet. Items may be purchased outright or you may place a bid to purchase an item for less. Special thanks to de Luna Jewelers for providing informal appraisal. Bidding will continue through March. Don't miss your chance to take home a collector item while supporting the senior center!

**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 at 10:15 a.m.**

FREE VISION SCREENINGS

"Foresight," a UC Davis pre-optometry student club, will host free vision screenings at the Senior Center on **Tuesday, March 2, 1:30-3:30 p.m.** These students have been trained to use eye charts to test for visual acuity. However, they cannot diagnose or look for diseases. They raise awareness about eye care and help connect people to free insurance that will help them get complete eye exams.



The eye care insurance program is called EyeCare America (<http://www.eyecareamerica.org/eyecare/care/index.cfm>), and seniors who are US citizens or legal residents, age 65 or older, have not seen an ophthalmologist in three or more years, and do not belong to an HMO or the VA, can qualify. There are also specialty insurance programs for people at risk for glaucoma, diabetes, and age-related macular degeneration.

Sign up by calling 757-5696.

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-one beginning class will be held on **Monday, March 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.

There is also a level-two class for intermediate students on **Monday, March 15, 1:00 – 2:00 p.m.** This is for students who have already taken level-one and are comfortable getting up from the floor with aid of a chair. Classes include standing and walking with a narrow base of support, sitting and standing on challenging surfaces, and continued practice in regaining balance and getting up from the floor.

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

GUIDED RELAXATION THROUGH VISUALIZATION TECHNIQUES

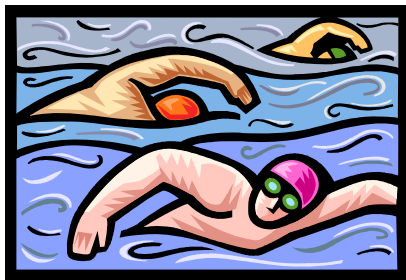
The next class will be offered **Monday, March 8 at 10:00 a.m.** Newcomers are encouraged to join. Sign up for this free program by calling 757-5696 or stop by the front desk.

NATIONAL SENIOR HEALTH & FITNESS DAY

Mark your calendars for **Wednesday, May 26** as we will celebrate National Senior Health & Fitness Day. This day will be filled with activities and fitness/exercise education materials, and we encourage everyone to join us for our annual fitness walk. Look for more details in the April and May newsletters.

OUR OWN GOLD MEDALIST

In the afterglow of the Winter Olympics, it's important to remember that athletics is not only for young people. At age 90, Davis resident and Senior Center participant Steve Carlson won gold medals in five swimming events in last fall's Huntsmans World Senior Games in St. George, Utah. Although Steve doesn't like to draw attention to his achievements, SCD president Wes Penny persuaded him to share the following information about his wins.



The Senior Games included competitions in 24 sports, with close to 10,000 participants. Steve won gold in the 50-meter and 100-meter freestyle. In addition to winning the gold, he also set new world records in these events for his age group: 200-meter freestyle, 400-meter freestyle and 50-meter backstroke. In addition, Steve was awarded a special gold medal for being the champion in his age group (ages 90-94). Wow! Congratulations to Steve. You're an inspiration to us all.

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.)	Mar 1 \$12 res/\$18/\$25 non-res
Balance – Level 2 (M, 1:00 – 2:30 p.m.)	Mar 15 \$12 res/\$18/\$25 non-res
Dynabands (T, Th 2:30-3:30 p.m.)	Mar 2 – Apr 29 \$20 res/\$26/\$33 non-res
Dynabands (MWF, 2:00-3:00 p.m.)	Mar 1 – Apr 30 \$24/res/\$30/\$37 non-res
Feldenkrais (T, 10:15 – 11:15 a.m.)	Mar 2 - 23 \$21 res/\$27/\$34 non-res
Feldenkrais (T, 11:30 – 12:30 a.m.)	Mar 2 – 23 \$21 res/\$27/\$34 non-res
Fitness for Life – Adv. (MWF, 7:45-8:45 a.m.)	Mar 1 - 31 \$49 res/\$55/\$62 non-res
Fitness for Life – Beg. (MWF, 9:00 - 10:00 a.m.)	Mar 1 - 31 \$49res/\$55\$62 non-res
Line Dance (W, 3:30-4:30 p.m.)	Mar 3 - 31 \$21 res/\$27\$34 non-res
Tai Chi/Chi Gung (T, 9:00-10:00 a.m.)	Mar 2 - 30 \$25 res/\$31/\$38 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.)	Mar 8 – Apr 1 \$80 res/\$86/\$93 non-res
Yoga – Chair (M,Th, 10:30-11:30 a.m.)	Mar 8 – Apr 1 \$42 res/\$48/\$55 non-res
Zumba (F, 12:30 – 1:15 p.m.)	Mar 5 - 26 \$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, March 17 at 10:00 a.m.

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

HEAR/HERE GROUP – No meeting in March
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, March 24 at 10:00 a.m.

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

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

PROSTATE CANCER SUPPORT GROUP
Monday, March 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, March 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 – Tuesday, March 16 at 1:00 p.m. A representative from the California Telephone Access Program will demonstrate different phones available through the free program that makes phones accessible to all Californians.

SPECIAL INTEREST GROUPS

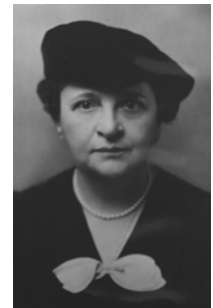
BINGO (SCD STYLE)

Whether you enjoy playing the Indian Star, Six & Nine Pack, 2 Postage Stamps, Railroad, the Kite or Blackout, we have it all at our weekly Bingo game held every **Thursday, 12:30 - 3:00 p.m.**, and on **Saturday, March 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, March 16 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 to be discussed is *The Women Behind the New Deal: The Life of Frances Perkins, FDR's Secretary of Labor and His Moral Conscience*. Books are available for purchase at the front desk or at your local bookstore.



CHINESE CULTURE CORNER

Chinese Culture Corner will meet **Friday, March 5 & 19, 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, March 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 are in the process of organizing some exciting and dynamic programs for the year. After

February's "Unclutter Today" program, our records and materials should be organized and we will be ready to take on more family history research.

Over the next months, we will be exploring courthouse research techniques; learning how to retouch old photos; looking at the geography of American genealogy; using USGenWeb and other free genealogy websites; and talking with speakers who have traced their families to the U.S. from other countries.

Please join us on **Monday, March 29 at 1:00 p.m.** at the Davis Senior Center for our regularly scheduled monthly meeting and program. Check out our website (below) over the next weeks for more details.

Remember, too, our library remains open to the public on **Wednesdays and Fridays, 1:00 - 4:00 p.m.** Volunteers are available during these hours to help with questions. Our library is very well stocked with genealogy-related books and computers for Internet research.

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 Tuesday, 7:00 - 8:30 p.m. in the Activity Room. All are welcome, so we hope you'll come and enjoy the programs.

On Tuesday, March 23, our topic is "Your Computer and the Web." We use computers to access the Internet, and most of us have only a hazy idea of how this access to the Internet and the web phenomenon works. As "users" we don't need to understand a lot, so we'll just talk about some very basic things that can help us manage the experience more effectively and safely.

Please email rahance@dcn.org with your questions about things you've heard about or tried to do and would like to know more about.

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, March 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 The Black Bear, **Tuesday, March 2 at 11:30 a.m.** RSVP: Joyce 758-4757 no later than March 1.

MAC USERS GROUP

This group will be meeting on **Tuesday, March 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, March 12 at 2:00 p.m.** (No dance on March 26 due to the furlough.)

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

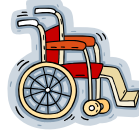


Daylight Saving Time begins Sunday, March 14 at 2 a.m. Set your clocks ahead one hour before you go to bed on Saturday.

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** - Single copies are available at the front desk. You can also find the Guide on the internet at 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.
- **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, March 8 & 15, 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 csweb@cityofdavis.org.

FRAUD PREVENTION CHECKLIST

- Use a close-fitting pouch and/or hidden wallet, instead of a purse.
- Don't carry your Social Security card.
- Remove Social Security numbers from ID/health cards, and consider carrying a photocopy of your Medicare card with all but the last four digits blackened out.
- Deposit all outgoing mail inside the Post Office rather than placing in your mailbox or blue postal box for carrier pick-up.
- Use a cross-cut shredder on all financial mail and documents.
- Get a free copy of your credit report once a year.
- Don't talk to strangers on the phone, at your door, or on the street.
- Sign up for the National DO NOT CALL Registry. Call the Senior Center for details.
- Request those with whom you have established business relationships to put you on their "Do Not Call" and "Opt Out" lists.
- Send a letter to the Mail Preference Service.
- Make an annual charitable giving plan and do not give to charities who solicit by telephone or door-to-door.
- Get three written bids before contracting for home improvement; check out contractors with the Better Business Bureau; and don't do business with door-to-door contractors.
- Never sign a contract/document or make an investment without getting a second opinion from a trusted advisor.
- Consult with an attorney to discuss 'advance directives' and set up checks/balances so that no one person has total control over you.

To report fraud call the Yolo County District Attorney's Fraud Line:
(530) 666-6816

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****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. **Just added the Oak Ridge Boys.** You're sure to love Branson! Trip insurance included. \$1995 pp dbl., ss add \$295.**May 19 – Mystery Trip**

We'll sally forth,
 Go west and north
 And dine at the Emperor's hand.
 We'll gaze with glee,
 At all that we see.
 We'll never fly and never land. \$145.

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** – Wait list.**July 17 – Annual Nordstrom** – Shopping in San Francisco. \$5 food certificate. \$35.**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. \$85.**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 Brunch and Musée d'Orsay Exhibit** – \$130**Save the date: October 1 – 9** – Albuquerque Balloon Fiesta and Santa Fe.

CONGREGATE MENU

March 2010

On the days marked "Alternate" you can request Crispy Chicken Fillet as an alternate entrée choice.

The rest of the meal will be the same. See the site manager to order your alternate entrée.

=Higher Sodium Meal

Monday Mar 1	Tuesday Mar 2	Wednesday Mar 3	Thursday Mar 4	Friday Mar 5
Swedish Meatballs *Whipped Potatoes+ Scandinavian Vegetables* *Wheat Bread *Juice+ Alternate	Chicken Florentine *Jazzy Brown Rice *Steamed Carrots* *French Roll *Apricot Halves*	*Fruit Juice+ Roast Turkey w/Gravy *Dressing *Cranberry Sauce *Peas & Pearl Onions **Pumpkin Bread	*Pasta Salad **Ham Sandwich on Wheat *Romaine Salad w/Oranges+ **Tapioca Pudding <input checked="" type="checkbox"/> Alternate	Beef w/Burgundy w/Mushroom Sauce Mixed Vegetables* *Scalloped Potatoes+ *Wheat Bread *Peaches
Monday Mar 8	Tuesday Mar 9	Wednesday Mar 10	Thursday Mar 11	Friday Mar 12
**Chicken ala King* w/Vegetables & Biscuit *Baked Barley w/Thyme *Fresh Orange+	SCD Luncheon No ENP Meal Today MOW Delivery Only	*BBQ Chicken *Rodeo Beans *Zesty Coleslaw+* *Wheat Bread *Fresh Fruit	*Fruit Juice+ Tossed Green Salad **Spaghetti w/Meat Sauce *Garlic Bread	*Tuna Pesto Melt on Rye w/Swiss *O'Brien Potatoes+ Broccoli+ *Fruit Cocktail Alternate
Monday Mar 15	Tuesday Mar 16	Wednesday Mar 17	Thursday Mar 18	Friday Mar 19
*Maui Lemon Chicken *Brown Rice Blend *Bahamas Blend Vegetables+* *Hawaiian Roll *Tropical Fruit +	Spring Mix Salad* *Spinach Mushroom Quiche* *Oven Roasted Potatoes+ *Whole Wheat Bread *Warm Cinnamon Apples	Happy St. Patrick's Day **Corned Beef & Cabbage+ w/Carrots & Potatoes *Rye Bread <input checked="" type="checkbox"/> **Emerald Isle Dessert+	Fruit Juice+ **Turkey Burger on Whole Wheat Bun *Calico Beans *Buttery Corn	*Creamy Seafood Chowder Garden Salad* *Pickled Beets *Oyster Crackers *Ambrosia+ Alternate
Monday Mar 22	Tuesday Mar 23	Wednesday Mar 24	Thursday Mar 25	Friday Mar 26
Pork Chop w/Herb sauce *Mashed Potatoes+ Stewed Tomatoes+ *Cornbread *Applesauce Alternate	*Heavenly Beef & Rice Mixed Vegetables* *Whole Wheat Bread *Apricot Nectar*+	Crispy Fish Fillet *Pan Style Cottage Potatoes Capri Blend Vegetables* *Roll *Fresh Fruit+ Alternate	Paprika Chicken *Served over Noodles Cauliflower+ *Whole Wheat Bread *Mixed Fruit	*Garden Salad* w/Garbanzos *Cheese Enchilada *Tex-Mex Vegetables w/Beans *Tortilla Chips & Salsa *Fruit Juice+
Monday Mar 29	Tuesday Mar 30	Wednesday Mar 31		
**Polish Dog w/Bun Sauerkraut+ Green Beans *Citrus Salad+ <input checked="" type="checkbox"/> Alternate	*Southern Fried Steak w/Country Gravy *AuGratin Potatoes *Winter Blend Vegetables+* *Biscuit	<i>Happy Birthday</i> Chicken A la Orange *Brown Rice Chef's Blend Vegetables* *Juice+ **Birthday Cake	\$ 3.00 Suggested Senior Contribution \$3.50 for Essential Volunteers (under 60)	\$ 7.00 GUEST FEE for people under 60 unless accompanied by their senior spouse <i>Partial funded by A4AA</i>

Each meal includes 8 oz 1% milk Margarine & Condiments optional +Vitamin C * Vitamin A Please See reverse side for info about "*" used on this menu. Menu subject to change

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

Davis Senior Center Activities – March 2010

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 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) 1:00pm Gaining Balance Beginner* (A) 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) 11:30am Feldenkrais*(A) 1:00pm Tax Assistance* (G) 1:00pm Bridge/Pinochle (Lg) 1:30pm Vision Screening* 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) 9:00am Basic Law (G) 9:30am Memoirs* (A) 9:30am Watercolor Painting (V) 12:15pm Video Movie(G) 12:30pm Zumba* (MP2) 1:00pm Nostalgics (MP1) 1:00-4:00pm Genealogy Library Hours (Lib) 2:00pm Current Events (A) 2:00pm Dynabands (MP2) 2:00pm Chinese Culture Corner (MP1)</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) 10:00am Guided Relaxation Through Meditation* 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>9 9:00am Ceramics (V) 9:00am Tai Chi* (A) 10:15am Feldenkrais* (A) 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) 1:30pm Winter Birds Talk – Lois Richter(A) 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 Project Linus (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) 9:00am Basic Law (G) 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 (MP1) Saturday evening set your clocks ahead 1 hour</p>
<p>15 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) 2:00pm Dynabands* (MP2) 1:00pm Gaining Balance - Intermediate* (A) 3:00pm Tap Dancing (V) 6:00pm Social Bridge (G)</p>	<p>16 9:00am Ceramics (V) 9:00am Tai Chi* (MP2) 9:30am Book Review (G) 10:15am Feldenkrais* (A) 10:30am Senior Center Reads (G) 11:30am Feldenkrais*(A) 1:00pm Bridge/Pinochle(Lg) 1:00pm Tax Assistance* (G) 1:00pm Vision Support & Education Group (A) 2:00pm Elder Abuse & Neglect Presentation 2:30pm Dynabands * (MP2)</p>	<p>17 7:45am Fitness For Life* & 9:00 am (MP2) 8:45am Walk N' Talk/Pehlke Pacers (Ly) 10:00am Alzheimer's Support Group (Lib) 10:00am Men's Group (V) 10:15am Global Laughter Club (G) 12:00pm Tax Assistance* (G) 12:30pm St. Patrick's Day Celebration* 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*</p>	<p>18 8:05am Intermediate Yoga* (A) 9:00am HICAP Appts* 9:30am Memoirs* (MP2) 10:30am Chair Yoga* (A) 12:30pm Bingo (V) 2:30pm Dynabands * (MP2)</p>	<p>19 7:45am Fitness For Life* & 9:00 am (MP2) 8:45am Walk N' Talk/Pehlke Pacers (Ly) 9:00am Basic Law (G) 9:30am Watercolor Painting (V) 9:30am Memoirs* (A) 10:00am Legal Assistance* 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) 2:00pm Chinese Culture Corner (MP1) Sat., Mar. 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) 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>23 9:00am Ceramics (V) 9:00am Tai Chi* (MP2) 9:30am Memoirs* (G) 10:15am Feldenkrais* (A) 11:30am Feldenkrais* (A) 1:00pm Bridge/Pinochle (Lg) 1:00pm Tax Assistance* (G) 1:30pm Parkinson's Support Group (MP1) 2:30pm Dynabands * (MP2) 3:30pm UC Davis Speak Series – Alison Kent 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) 10:00am Men's Group (A) 10:00am Transitions Group (Lib) 10:15am Global Laughter Club (G) 10:30am Crocker Talker (V) 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) 10:30am Chair Yoga* (A) 12:30pm Bingo (V) 1:30pm Breathers Support Group (MP2) 2:30pm Dynabands * (MP2)</p>	<p>26 Furlough Day 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 Nostalgics (MP1) 1:00-4:00pm Genealogy Library Hours (Lib) 2:00pm Dynabands* (MP2) 2:15pm Jam Session & Dance (MP1)</p>
<p>29 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) 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>30 9:00am Ceramics (V) 9:00am Tai Chi* (MP2) 10:15am Feldenkrais*(A) 11:30am Feldenkrais*(A) 1:00pm Bridge/Pinochle (Lg) 1:00pm Tax Assistance* (G) 2:30pm Dynabands * (MP2)</p>	<p>31 7:45am Fitness For Life* & 9:00 am (MP2) 8:30am AARP Driver Safety Class*(V) 8:45am Walk N' Talk/Pehlke Pacers (Ly) 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 style="text-align: center;">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>*Indicates need to register in advance, and/or by appointment Please call 757-5696 Transportation Services 757-4408 Senior Center Offices 757-5696</p>