November Craft Fair
Come visit the Holiday Craft Fair at our center on Saturday, November 2, 9:00 a.m. - 2:00 p.m. Browse handmade items and support local artisans while enjoying free refreshments and free gift wrapping. A stop here is a surefire way to get ahead on your holiday shopping list.

Thanksgiving with Friends
Enjoy a traditional holiday meal, pie included, plus live piano music from local legend Dick Livingston on Tuesday, November 19, 11:30 a.m. $11. Reservations required by Monday, November 18. If you’d like to attend the luncheon and need financial assistance to do so, please stop by the front desk. Vouchers are available so seniors in need can enjoy these special events. Questions? Contact us at 530-757-5696.

Holiday Dinner with Madrigals
The Senior Center’s Holiday Dinner returns on Tuesday, December 10, 5:30-7:00 p.m. The highlight of the evening is the Davis Madrigals Octet Singers performing holiday songs and dressed in Renaissance attire. Tickets are $20 and include appetizers, dinner and dessert provided by Atria Covell Gardens, and no-host wine from Davis Sunset Rotary. There will be a gift basket raffle from Napa Valley Olive Oil Company.
Volunteers Needed
Would you enjoy an opportunity to help people with their taxes, but don’t feel comfortable dealing with tax law? The AARP/Tax-Aide Program needs volunteers to help with scheduling appointments during the tax season, January through mid-April. We are looking for patient, detail-oriented individuals who are good communicators and who like working with people. This opportunity does not involve actual tax preparation.

Are you interested in helping people with the challenge of doing their taxes, while learning valuable skills? The AARP/Tax-Aide Program seeks volunteers with good people skills, a comfort with computers and numbers and enthusiasm for problem solving to assist in tax preparation counseling.

For more information about these volunteer positions, contact Beth Pollard, 530-574-8950.

Connections Café
Drop in for free technology tutoring on Monday, November 4 & 18, 6:00-8:00 p.m. Ask your questions about how to use your laptop, iPad or smart phone. Our volunteers can help. Need help at a different time? Call the center at 530-757-5696 for a complimentary weekday appointment with a volunteer tutor.

Senior Town Hall
What is our vision for aging in Davis? The Yolo Healthy Aging Alliance, Yolo County Commission on Aging and Agency on Aging/Area 4 are sponsoring a town hall at the Senior Center Monday, November 4, 2:00-3:30 p.m. You’re invited to attend and: 1. Learn about the California Master Plan for Aging, 2. Discuss how best to utilize local Older American Act funds for local programs, and 3. Learn about the first steps for becoming an AARP “Age Friendly Community.” There will also be an opportunity to ask questions of Davis Mayor Pro-Tem Gloria Partida and Yolo County Supervisor Jim Provenza. For more information contact Sheila Allen, 530-757-5583.

Share Your Transit Needs
Community members are encouraged to attend a hearing on local unmet transit needs Monday, November 4, 6:00 p.m. at Davis Community Chambers, 23 Russell Blvd. Unitrans, YoloBus, Davis Community Transit and the regional transportation planning agency, Sacramento Area Council of Governments (SACOG), are looking for comments and suggestions that will help plan and improve transit services in Yolo and nearby counties. In addition to the hearing, you can provide your input by emailing transitneeds@sacog.org; mailing comments to SACOG, attn: Unmet Transit Needs, 1415 L Street, Ste. 300, Sacramento, CA 95814; or phone/text comments to 1-916-426-3799.

LGBT + Prepare to Care Workshop
November is National Caregiver Appreciation Month. No matter where you are in the journey of family caregiving, having a good framework to help guide both you and your loved one will make the process easier. The LGBT + Prepare to Care workshop Friday, November 15, 10:30 a.m. will help you through your caregiving journey. All are welcome to this free AARP workshop at the Senior Center. Pre-registration is required by calling Kris Ritualo at 916-556-3025 or emailing kritualo@aarp.org.
Health & Fitness
We encourage you to speak with your doctor before starting any exercise program to ensure your health and safety.

Awareness Through Movement/Feldenkrais
(T, 10:15-11:15 a.m.) Continuing
11/5-11/26 $25
(T, 11:30 a.m.-12:30 p.m.) New/Cont.
11/5-11/26 $25

Body, Breath and Mind
(T, 8:00-10:00 a.m.)
11/5-11/26 $50

Dyna-Bands
(M,W,F, 2:00-3:00 p.m.)
11/1-11/27 $39

Fit for Life (all classes full)
(M, W, F, 7:45 & 9:00 am, 3:15 p.m.)
11/1-11/25 $53

International Folk Dancing
(T, 10:30-11:30 a.m.)
11/5-11/26 $21

Pilates
(T, Th, 2:30-3:30 p.m.)
11/5-11/26 $44

Strength & Fitness
(T, Th 4:00-5:00 p.m.)
11/5-11/26 $44

Tai Chi/Chi Gung
(T, 7:45-8:45 a.m.) Continuing
11/5-11/26 $19
(Th, 7:45-8:45 a.m.) Continuing
11/7-11/21 $19
(T, 9:00-10:00 a.m.) Basic (full)
11/5-11/19 $19
(Th, 9:00-10:00 a.m.) Basic (full)
11/7-11/21 $19

Yoga – Therapeutic
(M, 8:15-9:45 a.m.)
11/4-11/25 $29
(Th, 8:15-9:45 a.m.)
11/4-11/25 $29

Yoga – Intermediate Chair
(M, 10:30-11:30 a.m.)
11/4-11/25 $19
(Th, 10:30-11:30 a.m.)
11/7-11/21 $19

Yoga – Chair
(Th, 1:00-2:00 p.m.)
11/7-11/21 $19

Zumba
(F, 12:30-1:15 p.m.)
11/1-11/22 $22

Yoga & Meditation for Stress Relief
Popular instructor Annie Laurie has returned to teach the Yoga & Meditation class at the Senior Center. The class is offered through the city’s Flex Pass program. The Flex Pass is a pre-paid punch card that works for specific classes offered during early morning and evening hours at the Senior Center: Sunrise Step, Tone & Stretch (MWF 6:00-7:00 a.m.), Yoga & Meditation (M 5:30-6:30 p.m.), and PM Aerobics (T, Th 6:30-7:30 p.m.). Only pay for what you use, or try different classes. For details, call us at 530-757-5696 or look online at www.cityofdavis.org (click the “Recreation Online” icon, then click the “Fitness Flex Pass” tab.)

Add Balance to Your Life
Falls are a major cause of injuries and death among older adults. You can take steps to improve your balance and prevent your risk of falling. The next session of our Balance with Tai Chi class runs January 7-March 19 (T, Th 2:15-3:15 p.m.) In this 11-week class, you’ll practice balance using simple, slow Tai Chi movements, taught without long sequences of movements to remember. The focus is on improving balance, coordination and flexibility. The class is appropriate for people of any age or ability, and no prior experience with Tai Chi is needed. $138

Blood Pressure Checks
Drop-in blood pressures checks are available Friday, November 15, 11:00 a.m.-noon. Stop by and let retired nurse Tom Norris help you monitor your health.

Fees listed for fitness classes are for Davis residents. Non-residents add 10%.
**Transportation**

**Smart Driver Class**
The next AARP Smart Driver class will be held **Wednesday & Thursday, November 6 & 7, 9:00 a.m.-1:00 p.m.** Many insurance companies offer discounts to older drivers who successfully complete the course. Register in advance with a check payable to AARP at the front desk, $15 for AARP members/$20 for non-members.

AARP is seeking volunteer instructors for future courses. For more information please call AARP’s chief trainer, Tom McMahon, at 916-792-0432.

**Unitrans Bus Schedules & Passes**
Unitrans schedules are available in the lobby of the Senior Center. Free Unitrans bus passes are also available for those age 60+. Don’t have time to get to the center? You can ride Unitrans for free by showing your Medicare card to the driver.

**Davis Community Transit**
Please welcome Dakotah Brandow to the DCT team! Dakotah comes to us with experience from Unitrans. We would also like to congratulate Emilio Romo as he has filled the vacated position of paratransit operations coordinator.

Please be reminded that DCT has a 20-minute pick-up window. The driver may arrive up to 10 minutes before or after your scheduled pick up time. If you have a scheduled round-trip ride, you may call to request an earlier pick up from your destination. If we are not able to pick you up earlier, then you will need to wait until your scheduled return time. There is an additional charge when any same day changes are made with your trip request.

If you have any questions, please contact the DCT main line at 530-747-8240.

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**Music & Dance**

**Sing Along to 60’s and 70’s Music**
November’s music theme is popular hits from the 60’s and 70’s. Come enjoy this volunteer-led, free program that includes live piano accompaniment with lyrics of well-known songs projected on a big screen. No singing experience is necessary. **Wednesday, November 6, 4:20-5:20 p.m.**

**Live Music in the Afternoon**
Every first and third Friday the center hosts a live band in the multi-purpose room. They play for free and welcome an audience. Tunes include favorites from the 40’s and 50’s. Requests are welcome! **Friday, November 1 & 15, 2:15-4:00 p.m.**

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**Senior Center Staff**

Maria Lucchesi - Community Services Supervisor
Lisa DeAmicis - Information & Assistance Coordinator
Michael Cirelli - Program Coordinator
Libby Wolf - Office Assistant
Jan Butler - Office Assistant Aide
November 1 - Knock Down The House
(2019) PG, 1 hour, 26 minutes
Four exceptional women mount grassroots campaigns against powerful incumbents in the U.S. House. A look at the 2018 midterm elections that tipped the balance of power.

November 15 - All Is Lost
(2013) PG-13, 1 hour, 46 minutes
After a collision with a shipping container at sea, a resourceful sailor finds himself, despite all efforts to the contrary, staring his mortality in the face.

November 22 - Hello, My Name Is Doris
(2015) R, 1 hour, 30 minutes
With help from her best friends and granddaughter, a 60-something eccentric woman now living alone concocts a scheme to get the attention of a younger co-worker in her office.

Support Groups

The Davis Senior Center does not endorse the opinions, services or products discussed in support groups. Meetings are for sharing purposes only.

Dementia Caregivers Support Group
Wednesday, November 20, 10:00 a.m.

Men’s Social Group (note date change)
Wednesday, November 20, 10:00 a.m.

Parkinson’s Care Partners Support Group
Thursday, November 14, 1:30 p.m. - Topic: Experience with non-motor symptoms in PD

Parkinson’s Support Group
Thursday, November 21, 1:30 p.m.

Peripheral Neuropathy Support Group
Tuesday, November 12, 3:30 p.m.

Services/Resources

- Advance Health Care Directives ($2.50 donation)
- Battery and Eyeglass Recycling
- Blood Pressure Checks (3rd Fri., 11:00 a.m.-noon)
- Copy Machine ($.10 each) Greeting Cards ($.25)
- DMV Sample Drivers Tests ($2 donation)
- Dyna-Bands ($5)
- Federal Food Distribution (3rd Wed., 11:00 a.m.)
- Health Insurance Counseling & Advocacy Program* (HICAP) (916-376-8915)
- Information & Assistance
- Legal Consultations*
- Medical Equipment Lending Closet (9:00 a.m. - 3:30 p.m.)
- Resources for Independent Living - RIL* (916-446-3074)
- Technology Tutoring* (cell phones, laptops, etc)
- Saturday Club respite program (fee based) (530-758-3704)
- Scholarships-Dianne Hinsz Mem./Special Events
- Veterans Services (530-406-4850)

*Appointments required. Call 530-757-5696.

Photo on Page 1
New staff member Michael Cirelli confirms Polly Welch’s winning raffle ticket at the Oktoberfest luncheon. Photo by Tom Vinik.
The Gift of Giving

Valente Foundation Gift
The Senior Center was honored to receive a generous donation of $30,000 to our Senior Services Endowment Fund from the George and Lena Valente Foundation. Since 2000, the Foundation has supported the center and its participants, and we are grateful for their contributions. Purchases through fund dollars have included fitness equipment, Senior Center brochures, and funding for our Dianne Hinsz Scholarship program, which helps seniors with limited incomes to attend classes.

Supporting the Center’s Work
This Senior Center has much to be grateful for; the many volunteers who help with programs and events, talented instructors and the support of our programs from donors like you. Many thanks to the following who have contributed to the Davis Senior Services Endowment and Improvement Funds. If you are a recent donor and your name is not listed below, please let us know so that we can acknowledge your gift. Donations of any amount are welcome. Anonymous (2), Rose Anne Banninger, Mariluz Buchanan, Patricia Carson, Kimberly Eichorn, Phoebe Ford, George and Lena Valente Foundation, Mary Ann Morris, Marie Morse, Phyllis Newton, Judith Reynolds, Donna Skinner and Rachel Yasui.

How to Support the Senior Center
Donate by mail: make check payable to either “Davis Senior Services Endowment Fund” or “Davis Senior Services Improvement Fund” and mail to: Yolo Community Foundation P.O. Box 1264, Woodland, CA 95776
Donate online: go to www.sacregcf.org. Click on “donate.” For more information, contact Maria Lucchesi at the Davis Senior Center, 530-757-5696.

Other Ways to Help
Here are a few simple things we can always use at the Senior Center:
- Facial tissues
- Clorox or Lysol wipes
- Dry erase markers (thick)
- Folger’s ground coffee
- Wet hand wipes

With Appreciation
Many thanks to Atria Covell Gardens for catering our Oktoberfest BBQ.

6 November 2019
**Special Interest**

**Annual Meeting & Photo Sharing**

On **Tuesday, November 19, 1:00-3:00 p.m.** the Davis Genealogy Club continues celebrating our 40th year by feasting on favorite family foods and sharing tales of family heirlooms and photos. All members and guests are invited to join us for this annual meeting and harvest celebration. This gathering allows us to get to know each other better as we enjoy the season of bounty.

Bring a favorite appetizer or dessert to share if you like, and if you wish, share your recipe and the story of the dish. The theme for the heirloom-sharing portion of our gathering is as yet undecided, but it’s always a fun and interesting part of the gathering following our brief business meeting. Hope to see you there!

The Genealogy Library is open to the public on **Wednesdays and Fridays, 1:00-3:30 p.m.**, except holidays. A volunteer is available during these hours to help with questions. To learn more about the Davis Genealogy Club and Library, visit our website [www.davisgenealogy.org](http://www.davisgenealogy.org) or call Lisa Henderson at 530-753-8943.

**Chinese Culture Club**

The Chinese Culture Club meets monthly on the second and fourth Fridays. Join us this month **November 8 & 22, 12:30-2:30 p.m.** The group explores Chinese culture through educational videos with English subtitles and practices traditional Chinese exercises and games. Everyone is welcome.

**Davis Dynamos**

This group includes those who enjoy walking for exercise or pleasure, being outdoors, sightseeing, history, seeing new places and meeting nice people. Newcomers are always welcome. For more information on walks and meeting dates, contact Jo Ann Pelz at 530-756-2315 or email [djpelz@gmail.com](mailto:djpelz@gmail.com).

**Mac Users Group**

The Mac Users group will meet **Tuesday, November 12, 6:30 p.m.** Discussion topics vary and may include upcoming hardware and troubleshooting software issues. Everyone is welcome. For more information, call Eric Thompson at 530-758-3098.

**Smoke Alarm Battery Change Day**

Continuing its annual tradition, the Rotary Club of Davis will install new smoke alarm batteries for older adults in Davis on **Saturday, November 9**. Sign up by November 5 by calling the Senior Center at 530-757-5696. Each household must sign up individually. When you call, please let us know how many smoke alarms you have, and tell us if you have high ceilings that will require a ladder.

**Senior Commission**

The City of Davis Senior Citizen Commission will meet **Thursday, November 14, 2:30 p.m.** at Community Chambers, 23 Russell Blvd. For details, contact Maria Lucchesi, Senior Center Supervisor, at 530-757-5696.

**Senior Center Staff**

- **Maria Lucchesi** - Community Services Supervisor
- **Lisa DeAmicis** - Information & Assistance Coordinator
- **Michael Cirelli** - Program Coordinator
- **Libby Wolf** - Office Assistant
The following game groups are led by volunteers and may be canceled on occasion.

**Bingo**  
Thursdays - 12:30 p.m.  
Hosted by Davis Sunset Rotary.  
Snacks provided.

**Duplicate Bridge**  
Mondays - 12:15 p.m.  
Contact akamos@comcast.net

**Evening Social Bridge**  
Mondays - 6:00 p.m.

**Mah Jongg**  
(American League)  
Mondays - 12:00 noon

**Table Tennis**  
Tuesdays & Thursdays - 12:00 noon  
Games are played on meeting tables.  
Contact Marilu Carter at mccarter@ucdavis.edu.

**Hem & Haw**  
Anyone who loves to knit, crochet or stitch is welcome to join our friendly group on Wednesdays, 1:00-3:00 p.m. for conversation and creativity! [https://hemandhawdavis.weebly.com](https://hemandhawdavis.weebly.com)

**Davis Knit Night**  
Night Knitters meet in the lounge on Mondays, 5:00-8:00 p.m. Bring your supplies and give it a try! All ages and abilities welcome.

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**Watercolor Group**  
We have a variety of instructors in November. We meet Fridays, 9:30-11:00 a.m. Lucy Sargeant will teach November 1 & 8 and will concentrate on fall colors. Chris Shackel will teach on November 15, and Matt Connors will finish out the month on November 22. There will be no class November 29 due to the Thanksgiving weekend. December is our holiday brunch; please think about how you can help out with the planning. The rest of December is open studio with no instructors. Please contact Sandi with questions or ideas, sandramatthys@att.net

**Project Linus of Yolo County**  
Happiness is a warm blanket made with love! Do you enjoy quilting, knitting or sewing? Join Project Linus to make blankets for children in the community who are seriously ill, traumatized or otherwise in need. Come to our gathering on Wednesday, November 13, 1:30-3:30 p.m. at the Senior Center to share ideas, patterns and lots of good conversation.  
For more information, contact Diane McGee at dmyolo@gmail.com or call 530-753-3436.

**Open Art & Craft Studio**  
The center’s Valente Room is open to all art enthusiasts, including painters, basket weavers and crafters Monday mornings beginning at 9:00 a.m.  
Drop in to work on your own project in our inviting studio space. It’s well lit and has large tables, allowing you to spread out and work on projects that might take more space than your home studio.
<table>
<thead>
<tr>
<th>Monday</th>
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</table>
| Suggested Contributions: $4.00 Seniors | Each meal includes 9 oz 1% milk Margarine & Condiments optional + Vitamin C + Vitamin A = Higher Sodium Meal. | **Alternate Meal**  
- Breaded Fish  
- Starch of the Day  
- Vegetable of the Day  
- Fruit of the Day |  
- Spiced Pumpkin French Toast Casserole  
- Turkey Sausage  
- O’Brien Potatoes  
- Banana+  
**Higher Sodium # 1** |  
- Traditional Pizza By the Slice  
- Tossed Green Salad  
- Bread Sticks  
- Fresh Fruit  
**Higher Sodium # #** |
| *Chinese Orange Chicken*  
- Savory Brown Rice  
- Stir Fried Vegetables  
- Fortune Cookie  
- Pineapple Tidbits+ | **Confetti Spaghetti**  
- Meat Sauce  
- Garden Salad*  
- Garlic Bread  
- Applesauce+ | **Hearty Pork Stew**  
- Vegetables*  
- New Potatoes+  
- Wheat Roll  
- Fresh Fruit |  
- Spiced Pumpkin French Toast Casserole  
- Turkey Sausage  
- O’Brien Potatoes  
- Banana+  
**Higher Sodium # #** |  
- Hamburger  
- Lettuce, pickles & more on Whole Wheat Bun  
- Buttery Corn & Bells+  
- Cinnamon Apples+ |
| **Veterans Day Observed**  
**Honoring All Who Served** | **Crispy Baked Fish**  
- Stewed Tomatoes  
- Delmonico Potatoes  
- Wheat Roll  
- Juice+ | Dijon chicken  
- Brown Rice Pilaf  
- Mixed Veggies  
- Bread  
- Tropical Fruit+ |  
- Glazed Ham  
- Sweet Potatoes*  
- Steamed Peas  
- Wheat Roll  
- Fresh Fruit |  
- Meat Loaf w/Gravy  
- Mashed Potatoes+  
- California Blend Veggies+  
- Wheat Bread  
- Fruit Cocktail |
| **Creamy Chicken and a Biscuit Loaded w/Veggies**  
- Spinach+  
- Applesauce+ | Thanksgiving With Friends ($11)  
**Ticket purchase deadline:** November 18 @ 12:00 noon  
*No on-site meal today* | **Happy Birthday**  
- Salisbury Steak w/Gravy  
- Mashed Spuds/Veggies  
- Roll / Fruit Juice+  
- Birthday Cake |  
- Fish Sandwich served on a Hoagie Roll w/Tartar Sauce  
- Oven Fried Potatoes  
- Garden Salad/ Fruit+ |  
- BBQ Chicken  
- Corn  
- Coleslaw+  
- Wheat Roll  
- Ginger Peaches+ |
| **Hearty New England Clam Chowder**  
- California Blend Veggies, +  
- Biscuit  
- Fresh Fruit+ | **All Beef Hot Dog**  
- Wheat Bun  
- Sauerkraut+  
- Mixed Vegetables+  
- Banana- | **Roast Turkey**  
- w/Gravy & Cranberry Sauce  
- Stuffing  
- Whipped Sweet Potatoes+  
- Green Beans / Roll  
- Juice-/ Pumpkin Pie+  
**Higher Sodium # #** |  |  |

*Reservations/Cancellations must be made by NOON the day before by calling the site:  
Davis Senior Center 645 A Street 747-5870  
Knights Landing/Esparto 662-7035*  

*West Sacramento 664 Cummings Way (916) 373-5805  
Winters Community Center 201 Railroad Avenue 795-4241  
Woodland Senior Center 2001 East Street 662-7035  
Main Office 662-7035*  

Lunch starts at 11:30 am
Travelaires office will be closed Thanksgiving week, November 26-28

Duarte’s Poinsettias - Modesto
Tuesday, November 12 - Includes lunch at Paego Lavender Farm and stops at Sciabica Olive Oil and Classic Vinegar Company. $107

Cambria and the Coast
December 1-3 - Includes Harris Ranch, San Simeon, Cambria Christmas Market and Morro Bay. Optional evening tour of Hearst Castle available. $689 ppdo, $879 single

S.F. Shopping and Holiday Lights
Tuesday, December 17 - $75

Beach Blanket Babylon
Sunday, December 29 - wait list

Stanford University Museums
Saturday, January 4 - Visit the “West x Southwest” photography exhibition at the Cantor Arts Center. $75

Coming Attractions
April 5-13 - Mississippi River Cruise - New Orleans to Memphis with air included. Prices start at $4,050. Limited availability.
May 16-22 - Grand Canyon & Sedona $1999 ppdo
June 14-20 - Chicago - 7 days, 6 nights including airfare from Sacramento, 9 meals included. $2799 ppdo, $3,499 single
Aug. 31-Sept. 10 - Mount Rushmore & Yellowstone $2999 ppdo, call for singles price
Oct. 17-25, 2020 - Oberammergau Passion Play and Austria. $2,699 plus air
# November 2019 Activities and Special Events

## Ongoing Weekly Activities

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
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<tbody>
<tr>
<td>6:00am</td>
<td>Step, Tone, Stretch&lt;sup&gt;1&lt;/sup&gt; (MPE)</td>
<td>Senior Center</td>
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<tr>
<td>7:45am</td>
<td>Tai Chi (Cont)&lt;sup&gt;2&lt;/sup&gt; (MPE)</td>
<td>Senior Center</td>
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<tr>
<td>8:15am</td>
<td>Therapeutic Yoga&lt;sup&gt;2&lt;/sup&gt; (A)</td>
<td>Senior Center</td>
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<td>9:00am</td>
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<td>Tai Chi (Basic)&lt;sup&gt;2&lt;/sup&gt; (MPE)</td>
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<td>10:15am</td>
<td>Aware Thru Mvmnt&lt;sup&gt;2&lt;/sup&gt; (A)</td>
<td>Senior Center</td>
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<tr>
<td>10:30am</td>
<td>Int'l. Folk Dancing&lt;sup&gt;2&lt;/sup&gt; (MPE)</td>
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<td>11:30am</td>
<td>Aware Thru Mvmnt&lt;sup&gt;2&lt;/sup&gt; (A)</td>
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<tr>
<td>11:30am</td>
<td>Lunch Program (MPW)</td>
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<td>Hem &amp; How (A)</td>
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<td>Watercolor (Int)&lt;sup&gt;2&lt;/sup&gt; (V)</td>
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<td>2:30pm</td>
<td>Chair Yoga (Beg)</td>
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<td>Dyna-Bands&lt;sup&gt;2&lt;/sup&gt; (MPE)</td>
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<td>Lunch Program (MPW)</td>
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<td>Table Tennis (MPW)</td>
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<td>Sunset Rotary Bingo (V)</td>
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<td>Chair Yoga (Bag)&lt;sup&gt;2&lt;/sup&gt; (A)</td>
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<td>4:00pm</td>
<td>Strength &amp; Fitness&lt;sup&gt;2&lt;/sup&gt; (MPE)</td>
<td>Senior Center</td>
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<tr>
<td>6:30pm</td>
<td>PM Aerobics&lt;sup&gt;1&lt;/sup&gt; (MPE)</td>
<td>Senior Center</td>
</tr>
</tbody>
</table>

## Special and Once a Month Events

- **200 pm** Senior Town Hall (V)  
- **9:00 am** AARP Smart Driver<sup>2</sup> (G)  
- **4:20 pm** Sing Along (MPW)  
- **9:00 am** AARP Smart Driver<sup>2</sup> (G)  
- **1:00 pm** Parkinson’s Care Partners (G)  
- **1:30 pm** Parkinson’s Support Grp (G)  
- **12:00 pm** Mac Users Grp (G)  
- **10:00 am** Dementia Caregivers Grp (Lib)  
- **12:30 pm** Live Music (MPW)  
- **1:00 pm** Memoirs (A)  
- **1:30 pm** Memoirs (A)  
- **10:00 am** Men’s Social Group (G)  
- **10:30 am** Chair Yoga (Int)<sup>2</sup> (A)  
- **1:30 pm** Parkinson’s Care Partners (G)  
- **10:00 am** AARP Smart Driver<sup>2</sup> (G)  
- **9:00 am** AARP Smart Driver<sup>2</sup> (G)  
- **10:00 am** Dementia Caregivers Grp (Lib)  
- **10:30 am** Chair Yoga (Int)<sup>2</sup> (A)  
- **1:30 pm** Parkinson’s Support Grp (G)  
- **10:00 am** AARP Smart Driver<sup>2</sup> (G)  
- **9:00 am** AARP Smart Driver<sup>2</sup> (G)  
- **10:00 am** Dementia Caregivers Grp (Lib)  
- **10:30 am** Chair Yoga (Int)<sup>2</sup> (A)  
- **1:30 pm** Parkinson’s Support Grp (G)  

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**Notes:**  
1 Indicates class fee  
2 Indicates need to register for free activity and/or by appointment. Please call (530) 757-5696.
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
</table>
| **Suggestions**: | Each meal includes 8 oz 1% milk Margarine & Condiments optional + Vitamin C + Vitamin A = Higher Sodium Meal. | Alternate Meal | Lunch starts at 11:30am | **Traditional Pizza By the Slice**
- Bread Sticks
- Fresh Fruit **## Higher Sodium ##**
| **Chinese Orange Chicken** | **Confetti Spaghetti w/ Meat Sauce**
- Garden Salad*
- Garlic Bread
- Applesauce* | **Hearty Pork Stew w/ Vegetables**
- New Potatoes*
- Wheat Roll
- Fresh Fruit | **Spiced Pumpkin French Toast Casserole**
- Turkey Sausage
- O'Brien Potatoes
- Banana* | **Hamburger**
- Lettuce, pickles & more on Whole Wheat Bun
- Butter Corn & Bells*
- Cinnamon Apples* |
| **Veterans Day Observed** | **Crispy Baked Fish**
- Stewed Tomatoes
- Delmonico Potatoes
- Wheat Roll
- Juice* | **Dijon chicken**
- Brown Rice Pilaf
- Mixed Veggies
- Bread
- Tropical Fruit+ | **Glazed Ham**
- Sweet Potatoes*
- Steamed Peas
- Wheat Roll
- Fresh Fruit- | **Meat Loaf w/ Gravy**
- Mashed Potatoes+
- California Blend Veggies*
- Wheat Bread
- Fruit Cocktail |
| **Creamy Chicken and a**
**Biscuit Loaded w/**
**Veggies**
**Spinach***
**Applesauce** | **Thanksgiving With Friends ($11)**
**Ticket purchase deadline:**
November 18 @ 12:00 noon
*No on-site meal today*
**Happy Birthday**
**Salisbury Steak w/ Gravy**
- Mashed Spuds & Veggies
- Roll / Fruit Juice
- Birthday Cake | **Fish Sandwich**
- served on a Hoagie Roll
- w/ Tartar Sauce
- Oven Fried Potatoes
- Garden Salad / Fruit+ | **BBQ Chicken**
- Corn
- Coleslaw+
- Wheat Roll
- Ginger Peaches+ |
| **Hearty New England Clam Chowder***
California Blend Veggies*
- Biscuit
- Fresh Fruit+ | **All Beef Hot Dog**
- w/ Wheat Bun
- Sauerkraut*
- Mixed Vegetables*
- Banana- | **Roast Turkey**
- w/ Gravy & Cranberry Sauce
- Stuffing
- Whipped Sweet Potatoes*
- Green Beans / Roll
- Juice / Pumpkin Pie*
- # Higher Sodium **## Higher Sodium ##** | **Thanksgiving**
**Thanksgiving** |

**Reservations/Cancellations must be made by NOON the day before calling the site:**
- **Davis Senior Center** 646 A Street 747-5870
- **Knights Landing/Esparto** 662-7035
- **Woodland Senior Center** 201 Railroad Avenue 795-4241
- **Main Office** 662-7035
- **West Sacramento** 664 Cummins Way (916) 373-5805