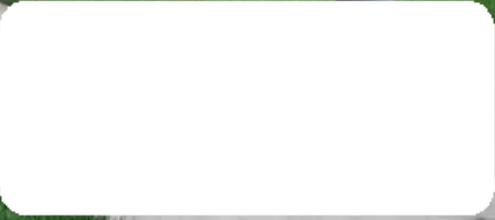


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Volume 38 Number 12 Office Hours: M-F, 9am - 4pm **December 2014**
 Email: seniorservices@cityofdavis.org <http://community-services.cityofdavis.org/>

Please Leave This Box Blank

MADRIGALS TO SING AT HOLIDAY EVENT

The deadline is fast approaching to reserve your spot for the Senior Center's



holiday luncheon **Tuesday, December 9 at 11:15 a.m.** The Davis High School Madrigals will perform at 11:30 a.m., followed by lunch catered by Atria Covell Gardens. Tickets are \$10 at the front desk.

Purchase deadline is Friday, December 5 for this festive event.

ACTING GROUP TO PERFORM

The "Well-Seasoned Players" acting group will perform a piece taken from *Samantha Desire* **Friday, December 19 at 12:15 p.m.** *Samantha Desire* is an original comedy screenplay by Roberta Feldner Stuart about a middle-aged man and his need to support his costly living in New York City. His goal is to become a famous Broadway playwright. Complications that arise threaten to derail his very image of himself. Success can be defined in many surprising ways!

A decadent dessert donated by The Californian will be served after the performance! It's free to attend, but please RSVP at the Senior Center front desk, 530-757-5696.

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REGISTRATION DAY FOR 2015 CLASSES
 We begin taking sign-ups for winter classes **Tuesday, December 9 at 8:00 a.m.** Please come early if you are hoping to enroll in one of our more popular classes. You may also register online, but you must have a password established in advance. Call 530-757-5626 for more information.

Holiday Closures
 Senior Center offices are closed **Dec. 22 - Jan. 2.**
 The ENP lunch program is closed **Dec. 25 & 26 and Jan. 1 & 2.**

SENIOR CITIZENS OF DAVIS, INC.



A non-profit organization dedicated to the Davis Senior Center and its participants.

Contact us!
530-757-5696
scofdav@gmail.com

SCD Board of Directors

Margot Loschke - *President*

Bill Powell - *Vice President*

Jan Bower - *Secretary*

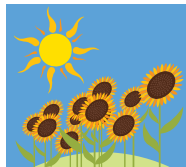
Jane Matteson - *Treasurer*

Matt Williams - *Chief Financial Officer*

Maria Lucchesi - *Ex Officio*

Sunshine Lady

Please call Elisabeth at 530-756-5307 if you know a senior in need of a get well, sympathy or thinking of you card.



Future of SCD!

SCD has enjoyed many stellar successes over the years, including the current year. An SCD endowment to benefit the Davis Senior Center was established, which is earning a very respectable rate of return on the principle. An innovative program, Connections Cafe, is now offered at the Davis Senior Center every Monday evening. While designed to assist individuals in using digital devices such as laptops, iPads, iPhones, and Kindles, it also fosters vibrant conversation in a warm and friendly atmosphere. In addition, SCD collaborated with the City of Davis to bring Wi-Fi throughout the entire Davis Senior Center.

Despite these achievements, SCD is facing serious challenges requiring the attention of the SCD Board as well as the membership at large. Chief among those challenges is the very low participation of SCD members in its governance, the lack of volunteers to support the work of the organization (such as fundraising), and dwindling SCD membership. A direct consequence of decreased membership and no longer being able to offer bingo is revenue that is falling below what is needed for the operating budget. In January 2015 the SCD Board will meet to vote on a recommendation to the membership regarding the status

of SCD. This will include the possibility of disbanding. A subsequent membership meeting will be scheduled in March for the membership vote on the Board recommendation. Information in this article was presented to the SCD membership at the annual membership meeting in November. Should you have questions or concerns, you are asked to consider attending one of the following scheduled information sessions at the Davis Senior Center.

Tuesday, Dec. 2 at 10:00 a.m.

Tuesday, Dec. 9 at 2:00 p.m.

Thursday, Jan. 15 at 10:00 a.m.



Connections Café

Dates for the December Connections Café are as follows:

Monday, Dec. 1, 6:00-8:00 p.m.

Monday, Dec. 8, 6:00-8:00 p.m.

Monday, Dec. 15, 6:00-8:00 p.m.



HEALTH AND FITNESS

For more information, inquire at the Senior Center office, 530-757-5696. We encourage you to speak with your doctor before starting any exercise program to ensure your health and safety.

Dynabands (M,W,F, 2:00 - 3:00 p.m.)	12/1-12/19 \$11
Feldenkrais (continuing) (T, 10:15 - 11:15 a.m.)	12/2-12/16 \$17
Feldenkrais (new/continuing) (T, 11:30 a.m. - 12:30 p.m.)	12/2-12/16 \$17
Fit for Life 1, 2 & 3 all Dec. sessions are full	12/1-12/19 \$39
Hula Dance & Music	no classes in Dec.
Qi Gong (Th, 9:00 - 10:00 a.m.)	12/4-12/18 \$16
Tai Chi/Qi Gong (T, 9:00 - 10:00 a.m.)	12/2-12/16 \$17
Tai Chi (T,Th, 6:00 - 7:00 p.m.)	12/2-12/23 \$51
Yoga – Intermediate (M, 8:15 - 9:45 a.m.)	12/1-12/15 \$25
Yoga – Intermediate (Th, 8:15 - 9:45 a.m.)	12/4-12/18 \$25
Yoga – Chair (M,Th, 10:30 - 11:30 a.m.)	12/1-12/18 \$33
Yoga – Chair (T, 1:00 - 2:00 p.m.)	12/2-12/16 \$17
Yoga – Chair (Th, 1:00 - 2:00 p.m.)	12/4-12/18 \$17
Zumba (F, 12:30 - 1:15 p.m.)	12/5-12/19 \$15

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

Balance Workshop Starts in January

Falls are a leading cause of hospitalizations and deaths among older adults. Kickoff your New Year with a series of four classes aimed at helping you keep your balance.

You'll learn and practice increasingly challenging exercises designed to improve stability and alignment, as well as specific movement strategies to regain balance when compromised.

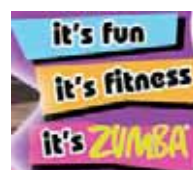
The balance workshop is taught by personal fitness trainer and occupational therapy assistant Debbie Eernisse. Class size is limited. Sign up after December 9. Classes will be held **Wednesdays, January 7-28, 10:15-11:15 a.m.**, and the cost is \$40.



Spotlight on Zumba!

Feel the music and let loose with instructor Rika Matsuda! Join this Latin-inspired, easy-to-follow, calorie-burning, dance fitness party. No previous experience necessary — all levels are welcome! Just bring your sneakers, towel, water and a smile! **Fridays 12:30-1:15p.m.**, Cost is \$15 for the month of December.

Classes are ongoing, so if December is too busy for you, consider starting up in the New Year!



TRANSPORTATION

Davis Community Transit

Happy Holidays from DCT!
We would like to welcome Michaela Owens and Amber Berry to the DCT team.



This month we begin the new same-day policy. Same-day ride requests or same-day changes to a previously scheduled ride will be the premium fare of \$4.00 one way/\$8.00 round trip. Same-day rides are scheduled only if time and space permit.

If you have questions call the DCT Dispatch line at 530-747-8240.

Seniors 60+ Ride Free!

Pick up your 2014-2015 schedule in the Senior Center lobby or on a Unitrans bus! And remember, you can ride Unitrans for free if you are over age 60 using a senior bus pass, available for free at the center.



MISCELLANEOUS

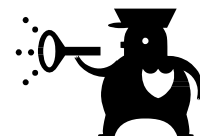
Thanks Go Out To...

- Atria Covell Gardens for providing refreshments for our Holiday Craft Affair!
- The Rotary Club of Davis for installing new smoke alarm batteries in seniors' homes.



Vacation House Checks

Going on vacation? The Davis Police Department offers vacation house checks. If you are going out of town, you can request the Davis Volunteers in Police Service check on your home periodically. Drop by the Police Department to fill out the needed paperwork, or call the department at 530-747-5400 for more information.



Sign Up Early for Holiday Meals

No need to eat alone! Although most senior center programs are closed the last two weeks of December, the Elderly Nutrition Program will serve meals Monday, Tuesday and Wednesday of both weeks.

On Christmas Eve, **December 24 at 11:30 a.m.**, enjoy a delicious turkey meal with others at the center. The menu includes roast turkey with gravy, whipped sweet potatoes, veggies au gratin and a wheat roll. The New Year's Eve meal features roasted, stuffed chicken breast.



Please call the ENP line directly, 530-747-5870 to reserve (or cancel) meals during the holiday period. Be sure to call by noon one business day in advance to reserve your meal.



Senior Center Staff

Maria Lucchesi - Community Services Supervisor

Lisa DeAmicis - Information & Assistance Coordinator

Alisa Fisher - Program Coordinator

Libby Wolf - Office Assistant



MOVIES

12:15 on Fridays. Join us!

December 5 - The Sound of Music

(1965) G, 2 hrs 54 mins

A woman leaves an Austrian convent to become a governess to the children of a Naval officer widower. (*This is a sing-along!* Don't be surprised when folks start to accompany Julie Andrews and her Favorite Things!)



Film & Spirituality Series

December 12 - OMG - Oh My God!

(2012) 2 hrs 5 mins

A comedy about a shopkeeper who takes God to court when his shop is destroyed by an earthquake. Sac State professor of Humanities and Religious Studies, Maria Jaoudi, will discuss the film following the screening.



December 19 - The Hundred-Foot Journey

(NOTE: Late show time! 1:00 p.m. We encourage you to attend Samantha Desire see pg. 1)

(2014) PG 2 hrs 2 mins

The Kadam family leaves India for France where they open a restaurant directly across the road from Madame Mallory's Michelin-starred eatery. Helen Mirren stars.



Help Us Decorate



If you love hanging ornaments and draping garlands, please join us **Tuesday, December 2 at 10:00 a.m.** to help decorate the Senior Center for the holidays. We've got all the decorations, we just need your help getting them up. We'll provide some holiday treats to keep you moving!

Please call Alisa at 530-757-5696 if you'd like to help.

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, December 17 at 10:00 a.m.

Men's Social Group

Wednesday, December 17 at 10:00 a.m. (meets one week early due to Holidays)

Parkinson's Support Group

Thursday, December 18 at 1:30 p.m.

Parkinson's Caregivers Support Group

Wednesday, December 10 at 1:30 p.m.

Peripheral Neuropathy Support Group

Tuesday, December 9 at 3:30 p.m.

Transitions Support Group

Wednesday, December 10 at 10:00 a.m.

SERVICES/RESOURCES

Contact the Senior Center at 530-757-5696 for appointments or more information:

- Advance Health Care Directives (\$2.50 donation)
- Caregiver Consultations (530-666-8828)
- DMV Sample Drivers Tests (\$2 donation)
- Dianne Hinsz Memorial Scholarships
- Health Insurance Counseling & Advocacy Program (HICAP)
- Information & Assistance
- Legal Consultations
- Medical Equipment Loans
- Technology Tutoring (computers, cell phones)
- Time Off for Caregivers (respite program)
- Veterans' Services (2nd & 3rd Mondays, 9:00-10:30 a.m.)

SPECIAL INTEREST

Chinese Culture Club

The Chinese Culture Club will meet **Friday, December 12, 1:00 - 3:00 p.m.** The group explores Chinese culture through educational videos with English subtitles, and practice of traditional Chinese exercises and games. Everyone is welcome!



Genealogy Club

While there is no meeting in December, the Davis Genealogy Club Library is open to the public on **Wednesdays and Fridays, 1:00 to 4:00 p.m.**, except for holiday closures. During library hours, a volunteer is available to assist visitors in using library resources. These resources include over 1,000 books and publications as well as a computer with Internet access.

To learn more about the Davis Genealogy Club and Library, visit our website at www.davisgenealogy.org or call Lisa Henderson at 530-753-8943.

Current Events Discussion Group

Everyone is welcome to join this lively, yet civil group. Historical and timely events of interest are featured. The discussion group will meet on **Friday, December 5 & 19 at 2:00 p.m.**



Holiday Greeting Cards

Buy your holiday cards at the Senior Center and save a bundle. The cards, donated to us, are priced to sell. Most are 10 for \$1. You'll be supporting senior programs by purchasing your cards here. (They make great gift cards as well.)



Come Sing-Along of Holiday Cheer

Our next monthly Sing-Along will be **Wednesday, December 3, 4:20 - 5:20 p.m.** Pianist Sharon Cuthbertson will help us share holiday cheer by playing well-known holiday songs, plus a sprinkling of "boomer" pop favorites, as we singalong.



The atmosphere is casual, welcoming and fun. You don't need to read music or have a good voice. Just bring your enthusiasm for singing, and join us in sharing the holiday spirit through song. All are welcome.

Mac Users Group



The Mac Users will meet **Tuesday, December 9 at 6:30 p.m.** For more information about the group, call Eric Thompson at 530-758-3098.

Queen Bees

Join us for our annual Holiday Party **Friday, December 19 at 1:00 p.m.** There will be no Queen Bees lunch in December. Questions? Call Joyce at 530-758-4757.



Jam and Dance

As we go to print, our Senior Center musicians, *Music From the Back Room*, have not scheduled dates for December. Please call the center at 530-757-5696 if you are interested in attending jam and dance.

It's Not Too Late

The annual flu season runs from October to May, and getting your flu shot is the best way to protect yourself. It takes about two weeks after vaccination for antibodies to develop in the body.

About 90% of flu-related deaths and 50% of hospitalizations for flu during a regular flu season occur in people 65 years and older. It's not too late to vaccinate!

MISCELLANEOUS

Join the Crowd!

Is it important to you that older adults have a welcoming place to gather and stay active? That they (or you!) can enjoy playing cards, taking classes or watching films? That older adults and their families



can find resources and services as they age? In filling these needs, the Davis Senior Center touches so many lives!

To ensure adequate long-term funding for the center, we encourage you to join the list of donors to the Davis Senior Center Endowment and Improvement Funds.

During this holiday season you might even consider a gift honoring a family member or friend "who has everything." They will receive a card acknowledging that a gift was made in their honor to support the programs and services of the Senior Center.

If you'd like to make a tax-deductible donation, please see the adjoining article, "Support the Senior Center. Whether it's \$25 or \$25,000, your generosity makes a difference!

Fund Donors

Mr. & Mrs. Robert C. Bennett
 Ms. Heather Bock
 Cantor & Company A Law Corp.
 Mrs. Chao Chen
 Ms. Nina Gordon
 Mr. Harold Hanson
 Ms. Christine Helweg
 Ms. Maria Lucchesi
 Ms. Jean G. Malamud
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 Ms. Diane J. Moore
 Thomas Nesbitt, M.D. & Lisa DeAmicis
 Ms. Phyllis M. Newton
 Ms. Patricia Jean Patterson
 Mr. Francis P. Resta
 Ms. Mary G. Scott
 Ms. Joyce Smith
 Mr. & Mrs. Eric L. Thompson
 Mr. and Mrs. Frederic A. Troy
 George and Lena Valente Foundation
 Ms. Cristina Vargas



Support the Senior Center

Want to help build a long-term sustainable income to support the Davis Senior Center?

Donate by mail: make your 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." Choose your donation amount.

At the drop-down arrow, click either "Davis Senior Services Endowment Fund" or "Davis Senior Services Improvement Fund," complete the billing information, and you're done!

For information, contact Maria Lucchesi or Lisa DeAmicis at the Davis Senior Center, 530-757-5696.

Look What We've Done!

Some Davis Senior Center highlights for 2014:

- Our exercise programs served more participants than ever, drawn by excellent instructors and a desire to stay fit and age well.
- We focused on helping seniors to get out and about safely with programs on safe driving and transportation options.
- The AARP Tax Aide program helped 633 people file tax returns from the center. Many received refunds!
- We added a popular monthly Sing-Along group.
- We boosted our efforts to stay connected with you, so our Facebook Page hit 100 "Likes." (Be sure to like us on Facebook!)
- Our Jewelry Sale, propelled by amazing volunteers, netted record-breaking proceeds.

CARDS & GAMES

The following game groups are led by volunteers and may be canceled on occasion.

Duplicate Bridge*

Mondays - 12:15 p.m.

*contact aramos@comcast.net

Mah Jongg

Mondays - 12:00 noon

Evening Social Bridge

Mondays - 6:00 p.m.

SCD Bingo

Thursdays - 12:30 p.m.



Want to Play Scrabble?

We are still compiling a list of individuals interested in playing Scrabble at the Senior Center. If interested, please contact Alisa Fisher at 530-757-5696.

The Gift of Giving

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

Duplicate Bridge – Monday	\$ 68
Genealogy	\$ 500
Hem & Haw	\$ 863
Members of Project Linus	\$ 27
Mah Jongg	\$ 20
Sing Along Group	\$ 32
Pinochle	\$ 10

Thank you also to those who donated toward the following:

Coffee	\$ 131
Craft Affair	\$ 600
Greeting Cards / Copier	\$ 47
Information & Assistance	\$ 9
Medical Equipment	\$ 185
Misc. & General Donations	\$ 1100

Total : \$ 3592

ARTS & CRAFTS

Watercolor Painting

The Senior Center Watercolor Group will have "open studio" on **Friday, December 12 & 19, 9:00-11:30 a.m.** following our first Friday annual potluck on **December 5.**



Then, in January, Lucy Sargeant will guide us on more exploration of perspective. Bring your notebook and ruler along with the regular painting equipment.

As a courtesy to the instructor, please be ready to paint by 9:25 a.m.

Open Art Studio

The Senior Center's Valente Room is open to all art enthusiasts, including painters and basket weavers on **Monday mornings beginning at 9:00 a.m.**

Hem & Haw

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



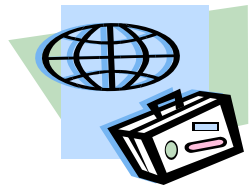
Project Linus of Yolo County

Happiness is a warm blanket made with love! Join our gathering on **Wednesday, December 10, 1:30-3:30 p.m.** if you enjoy quilting, knitting or sewing. For more information, contact Diane McGee at dmmyo@gmail.com or 530-753-3436. To donate appropriate fabric and yarn, call Carol Sublett at 530-758-1367.

Display Cases

The December display will feature Botanical Art by Mary McCaffery.

If you have a collection you would like to display for a future month, please call Hank Bruett, 530-753-5868.



Davis Travelaires



A Non-Profit Travel Organization
 646 A Street, Davis, CA 95616 (530) 753-4159
 Office Hours : Tuesday—Thursday, 10:00 a.m. - 2:00 p.m.
 Kay Jeffery, Executive Director; e-mail: kay@dcn.org
All Travelaires trips depart from the Target parking lot in Davis

Travelaires Office closed Dec. 23 - Jan. 1

Travelaires Website

Check it out! www.davistravelaires.org. All current flyers are available for view online.

Roseville Galleria



Thursday, December 11

Start or finish your holiday shopping at Macy's, Nordstrom, JCPenney or at the many small shops of the Galleria. Not in a shopping mood? Just enjoy the holiday decor and people watch. Then be treated to a delicious lunch at the Cheesecake Factory. Weather permitting, a stop is included at Pottery World. **\$69**

Blithe Spirit - San Francisco

Wednesday, January 28

Oscar recipient and five-time Tony Award winner, Angela Lansbury, who is fondly remembered for her role in *Murder She Wrote*, returns to the stage in Noel Coward's smash comedy hit, *Blithe Spirit*. Don't miss this afternoon of wit and laughter. Before the play, enjoy lunch at John's Grill, home of the Maltese Falcon. **wait list**

I-MAX Theater - Sacramento

Thursday, February 12

An interesting and fun-filled day away, but still close to home. See outstanding 3-D movies while enjoying complimentary popcorn. *Island of the Lemurs: Madagascar* takes audiences on a spectacular journey to the remote and wondrous world of Madagascar where a noted scientist is on a lifelong mission to help these strange and adorable creatures. *Jerusalem* is a visually stunning tour of one of the world's oldest and most beloved cities which has been called home to three religions: Judaism, Christianity, and Islam. Lunch is served at Claim Jumper. **\$55**

Roll with the Bakers

Wednesday, February 25

Travel to San Francisco and begin the day with a tour of Boudin's Bakery Museum. Learn the history of "sour" dough bread which dates back to the Gold Rush days. Lunch at Bistro Boudin with spectacular bay views. Come home with a bread gift. **\$115**

Ironstone Vineyards

Wednesday, March 11

Nestled in the heart of California's Gold Country, Ironstone's hillsides are ablaze with golden daffodils. Begin with a docent tour of the spectacular gardens and then step inside the winery for a sampling of Ironstone Vineyards wines accompanied by appetizers to compliment each varietal and followed by a special lunch. Browse the Heritage Museum's collection of gold rush treasures including the 44-pound gold nugget. **\$118**

Rain - Sacramento Community Center

Thursday, March 19

They look like them, they sound like them. The next best thing to seeing the Beatles, *Rain* is acknowledged to be the first, longest running and most successful Beatles tribute in the world. Started in 1975 as an original band that loved playing Beatles music, the talented foursome does a surprising job of recreating the history and music of the group from England that changed the music scene. This show is pure pleasure where young and old find themselves singing and moving to the music. Performance is at the Sacramento Community Center. Before the show, enjoy lunch at Lucca Restaurant, one of Sacramento theatre-goers' favorites. **\$129**









COMING ATTRACTION

May 2015 - CANYON COUNTRY - Bryce, Zion, Monument Valley, Sedona and more.

HOLIDAY GIFT IDEA

Travelaires gift certificates for any amount are available.

Davis Senior Center Activities – December 2014

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 7:45am Fit for Life* & 9:00am (MP2) 8:15am Intermediate Yoga* 10:30am Chair Yoga*(A) 9:00am Open Art Studio (V) 12:00pm Mah Jongg (G) 12:15pm Duplicate Bridge (MP1) 2:00pm Dynabands* (MP2) 3:15pm Fit for Life*(MP2) 6:00pm Social Bridge (G) 6:00-8:00pm SCD's Connections Café (V)</p>	<p>2 9:00am Tai Chi* (MP2) 10:00am SCD Status Meeting 10:00am Holiday Decorating 10:15am Feldenkrais* (A) 11:30am Feldenkrais* (A) 1:00pm Chair Yoga* (A) 6:00pm Tai Chi* (MP2)</p>	<p>3 7:45am Fit for Life* & 9:00am (MP2) 10:00am Peer Counselors Meeting *(G) 1:00pm Hem & Haw (A) 1:00-4:00pm Genealogy Library Hours (Lib) 2:00pm Dynabands* (MP2) 3:15pm Fit for Life*(MP2) 4:20pm Sing-Along (MP1)</p>	<p>4 8:15am Intermediate Yoga* (A) 9:00am Qi Gong* (MP2) 10:30am Chair Yoga* (A) 12:30pm SCD Bingo (V) 1:00pm Chair Yoga* (A) 4:30pm Hula* (MP2) 6:00pm Tai Chi* (MP2)</p>	<p>5 7:45am Fit for Life* & 9:00am (MP2) 9:30am Watercolor Annual Potluck (V) 9:30am Memoirs* (A) 12:15pm Sound of Music Sing-Along (G) 12:30pm Zumba* (MP2) 1:00-4:00pm Genealogy Library Hours (Lib) 2:00pm Current Events (A) 2:00pm Dynabands* (MP2) 2:15pm Jam Session & Dance (MP1) 3:15pm Fit for Life*(MP2)</p>
<p>8 7:45am Fit for Life* & 9:00am (MP2) 8:15am Intermediate Yoga* 10:30am Chair Yoga*(A) 9:00am Veterans Services (Lib) 9:00am Open Art Studio (V) 12:00pm Mah Jongg (G) 12:15pm Duplicate Bridge (MP1) 2:00pm Dynabands* (MP2) 2:00pm Legal Assistance* 3:15pm Fit for Life*(MP2) 6:00pm Social Bridge (G) 6:00-8:00pm SCD's Connections Café (V)</p>	<p>9 8:00am Open Registration Begins (Ly) 9:00am Tai Chi* (A) 10:15am Feldenkrais* (A) 11:15am Holiday Lunch w/ Madrigals* (MPR) 11:30am Feldenkrais* (A) 1:00pm Chair Yoga* (A) 2:00pm SCD Status Meeting 3:30pm Peripheral Neuropathy Support Group (G) 6:00pm Tai Chi* (MP2) 6:30pm Mac Users Group (G)</p>	<p>10 7:45am Fit for Life* & 9:00am (MP2) 10:00am Transitions Group (Lib) 1:00pm Hem & Haw (A) 1:00pm HICAP Appts* 1:00-4:00pm Genealogy Library Hours (Lib) 1:30pm Project Linus (V) 1:30pm Parkinson's Caregivers Group (Board Rm) 2:00pm Dynabands* (MP2) 3:15pm Fit for Life*(MP2)</p>	<p>11 8:15am Intermediate Yoga* (A) 9:00am Qi Gong* (MP2) 10:30am Chair Yoga* (A) 12:30pm SCD Bingo (V) 1:00pm Chair Yoga* (A) 4:30pm Hula* (MP2) 2:30pm Senior Commission Mtg. 6:00pm Tai Chi* (MP2)</p>	<p>12 7:45am Fit for Life* & 9:00am (MP2) 9:30am Open Art Studio (V) 9:30am Memoirs* (A) 12:15pm Film & Spirituality Series (G) 12:30pm Zumba* (MP2) 1:00-4:00pm Genealogy Library Hours (Lib) 1:00pm Chinese Culture Club (V) 2:00pm Dynabands* (MP2) 3:15pm Fit for Life*(MP2)</p>
<p>15 7:45am Fit for Life* & 9:00am (MP2) 8:15am Intermediate Yoga* 10:30am Chair Yoga*(A) 9:00am Veterans Services (Lib) 9:00am Open Art Studio (V) 12:00pm Mah Jongg (G) 12:15pm Duplicate Bridge (MP1) 2:00pm Dynabands* (MP2) 3:15pm Fit for Life*(MP2) 6:00pm Social Bridge (G) 6:00-8:00pm SCD's Connections Café (V)</p>	<p>16 9:00am Tai Chi* (A) 10:15am Feldenkrais* (A) 11:30am Feldenkrais* (A) 11:30am Queen Bees Lunch 4:00pm Genealogy Club Meeting (A) 1:00pm Chair Yoga* (A) 6:00pm Tai Chi* (MP2)</p>	<p>17 7:45am Fit for Life* & 9:00am (MP2) 10:00am Dementia Caregivers Group (Lib) 10:00am Men's Social Group (A) 11:00am Food Distribution (MP2) 1:00-3:00pm HICAP Appts* 1:00pm Hem & Haw (A) 1:00-4:00pm Genealogy Library Hours (Lib) 2:00pm Dynabands* (MP2) 3:15pm Fit for Life*(MP2)</p>	<p>18 8:15am Intermediate Yoga* (A) 9:00am Qi Gong* (MP2) 10:30am Chair Yoga* (A) 12:30pm SCD Bingo (V) 1:00pm Chair Yoga* (A) 4:30pm Hula* (MP2) 1:30pm Parkinson's Support Group (MP1) 6:00pm Tai Chi* (MP2)</p>	<p>19 7:45am Fit for Life* & 9:00am (MP2) 9:30am Open Art Studio (V) 10:00am Legal Assistance* 12:15pm Actors Play 12:30pm Zumba* (MP2) 1:00pm Movie (G) 1:00-4:00pm Genealogy Library Hours (Lib) 1:00pm Queen Bees Holiday Party (V) 2:00pm Current Events (A) 2:00pm Dynabands* (MP2) 2:15pm Jam Session & Dance (MP1) 3:15pm Fit for Life*(MP2)</p>
<p>22</p> <p>Senior Center Offices Closed <i>Open for Lunch</i></p> 	<p>23</p> <p>Senior Center Offices Closed <i>Open for Lunch</i></p>  6:00pm Tai Chi* (MP2)	<p>24</p> <p>Senior Center Offices Closed <i>Open for Lunch</i></p> 	<p>25</p> <p>Senior Center & Lunch Program Closed for Holiday</p> 	<p>26</p> <p>Senior Center & Lunch Program Closed for Holiday</p> 
<p>29</p> <p>Senior Center Offices Closed <i>Open for Lunch</i></p> 	<p>30</p> <p>Senior Center Offices Closed <i>Open for Lunch</i></p> 	<p>31</p> <p>Senior Center & Lunch Program Closed for Holiday</p> 	<p style="text-align: center;">Room Key</p> <p>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 style="text-align: center;">*Indicates need to register in advance, and/or by appointment Please call 530-757-5696</p> <p style="text-align: center;">Transportation Services 530-747-8240 Senior Center Offices 530-757-5696</p>

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

December 2014

Monday Dec 1	Tuesday Dec 2	Wednesday Dec 3	Thursday Dec 4	Friday Dec 5
<ul style="list-style-type: none"> u Breaded Fish w/Tartar sauce u Au Gratin Potatoes Winter Vegetables* u Bread u Juice+ 	<ul style="list-style-type: none"> Pepper Steak w/ Tomato & Bell Pepper Sauce u Steamed Carrots* u Brown Rice u Bread u Pineapple+ 	<ul style="list-style-type: none"> BBQ Chicken u Baked Winter Squash* u Coleslaw+* u Biscuit u Fresh Fruit 	<ul style="list-style-type: none"> <input type="checkbox"/> Glazed Baked Ham Brussel Sprouts u Sweet Potato* u Applesauce+ uu Gingerbread 	<ul style="list-style-type: none"> <input type="checkbox"/> Old Fashioned Meatloaf w/ Gravy Chef's Blend Vegetables u Mashed Potatoes+ u Bread u Fruit Cocktail
Monday Dec 8	Tuesday Dec 9	Wednesday Dec 10	Thursday Dec 11	Friday Dec 12
<ul style="list-style-type: none"> uu Macaroni & Cheese Stewed Tomatoes Mixed Vegetables* u Wheat Roll u Fruit Juice+ 	<ul style="list-style-type: none"> Senior Center Holiday Event  	<ul style="list-style-type: none"> u Swedish Meatballs Over Noodles* u Scandinavian Veggies u Wheat Roll u Banana uu Birthday Cake 	<ul style="list-style-type: none"> Lemon Pepper Fish w/ Tartar Sauce u Sweet Peas u Oven Fried Potatoes u Wheat Bread u Citrus Salad+ 	<ul style="list-style-type: none"> u Chicken Tortilla Soup w/ Black Beans Tossed Green Salad* u Tortilla Chips uu Fruited Gelatin+
Monday Dec 15	Tuesday Dec 16	Wednesday Dec 17	Thursday Dec 18	Friday Dec 19
<ul style="list-style-type: none"> Mushroom Chicken u Cauliflower & Carrots* u Brown Rice u Whole Wheat Roll u Mandarin Oranges+ 	<ul style="list-style-type: none"> <i>Happy Hanukah</i> Hearty Vegetable Soup uu Tuna Sandwich on u Whole Wheat Bread u Ambrosia+  	<ul style="list-style-type: none"> u Twice Baked Potato Topped w/ Ground Beef Garden Salad* u Baguette u Fruit Juice+ 	<ul style="list-style-type: none"> u Savory Pork Stew w/ Veggies* & Potatoes u Wheat Roll u Cinnamon Apples+ 	<ul style="list-style-type: none"> u Cheese Ravioli w/ Marinara Sauce California Vegetables u Banana+ u Garlic Bread
Monday Dec 22	Tuesday Dec 23	Wednesday Dec 24	Thursday Dec 25	Friday Dec 26
<ul style="list-style-type: none"> Chicken Fricassee u Parsley Noodles u Steamed Spinach* u Wheat Bread u Fruit Cup+ 	<ul style="list-style-type: none"> uu Polish Dog (contains Pork) w/ Sauerkraut & Bun u Steamed Carrots* u Potato Chips u Fresh Fruit+ Higher Sodium Meal  	<ul style="list-style-type: none"> <i>Holiday Celebration</i> Roast Turkey w/ Gravy u Whipped Sweet Potatoes* Veggies Au Gratin u Wheat Roll u Juice+ uu Holiday Pie 	<p>MERRY CHRISTMAS</p> <p>Closed</p> 	<p>Closed for the Holiday</p> 
Monday Dec 29	Tuesday Dec 30	Wednesday Dec 31	Thursday Jan 1	<p>Suggested Contributions:</p> <p>\$4.00 Seniors & Spouses</p> <p>Fees:</p> <p>\$3.50 Volunteers (< 60)</p> <p>\$7.00 GUEST FEE</p>
<ul style="list-style-type: none"> Southern Fried Steak & Gravy Chef's Blend Vegetables u Mashed Potatoes+ u Wheat Roll u Fruit Juice+ 	<ul style="list-style-type: none"> Seafood Medley u Served w/ Brown Rice Garden Salad* u Wheat Bread u Applesauce+ 	<ul style="list-style-type: none"> Happy New Years Eve Roasted Chicken Breast u Stuffing w/ Gravy u Mixed Vegetables* u Fruit Crisp+ 	 <p>Happy New Year</p> <p>Closed</p>	

Each meal includes 8 oz 1% milk Margarine & Condiments optional +Vitamin C * Vitamin A **Menu subject to change** *Partially funded by A4AA*

Congregate Dining Sites **Reservations/Cancellations must be made by noon the day before by calling the site:** Davis Senior Center 646 A Street 747-5870 West Sac Senior Center 664 Cummins Way (916) 373-5805 Winters Community Center 201 Railroad Avenue 795-4241 Woodland Senior Center 2001 East Street 662-7035 Ext 0 Knights Landing/Esparto 662-7035 " " " **Elderly Nutrition Program Main Office 662-7035** "