

**DECEMBER 2008**

CITY OF VACAVILLE, COMMUNITY SERVICES DEPARTMENT,  
MCBRIDE CENTER  
91 TOWN SQUARE PLACE, VACAVILLE, CA 95688  
(707) 469-6660 WWW.CITYOFVACAVILLE.COM

*"We create community through people, parks and programs."*



# McBride Megaphone

*CLOSED*

*Noon, December 24, all day December 25*

*Noon, December 31, all day January 1*



Megaphone  
Man



*Happy Holidays from the staff at the McBride Center*



## Holiday Connection

The Holiday Season is approaching and that means that Holiday Connection is looking for recipients and sponsors.

Senior Santa was renamed to Holiday Connection to more accurately reflect the diversity of the seniors we serve during the Holiday Season. The Holiday Connection reaches out to seniors who live alone or in residential care facilities that have little contact with family or friends. The Holiday Connection Committee consists of volunteers from a consortium of agencies and individual volunteers who reach out to seniors.

Without your help, the Holiday Connection program will be very limited in the amount of assistance they will be able to offer this year.

For additional information, contact your area coordinator:

Fairfield: Ruth Reid (425-5677)      Solano County: Jacque Patterson (784-8204)  
Fairfield Senior Center                      ODAS 275 Beck. Ave  
1200 Civic Center Dr                          Fairfield, CA. 94533  
Fairfield, CA. 94533

Vacaville: Audrey Calder (469-6673)      Vallejo: Mary Vineyard (643-1798)  
McBride Center  
91 Town Square Pl.  
Vacaville, CA 95688

For donations:

Please Make Checks Payable to Holiday Connection c/o Friends of Seniors  
91 Town Square Place Vacaville, California 95688.



## Wii PLAY AROUND

We can change the way we age by staying active. Amaze your friends and grandchildren at their own game or take this opportunity to learn how to play golf, tennis, boxing or bowling. Join us for an afternoon of fun and camaraderie. The group meets on the first and third Wednesday of the month at 12:30 p.m.

- To reserve your space, call 469-6660.

Age	Day	Date
50/up	W	12/3& 12/17
Time:	12:30-2:00pm	
Facilitator:	Peggy Burns	
Location:	McBride Center	
Cost:	No Cost	



## THE VACA VALLEY QUILTING GROUP

The Vaca Valley Quilting Group has donated a beautiful quilt for our fund-raising event. The quilt is hanging in the display case in the main lobby entrance.

**Tickets are on sale now and can be purchased at the front counter for \$2 each or 6 for \$10. Proceeds from ticket sales go towards our senior scholarship fund.**

Please support this fund-raising event and your opportunity to win a one-of-a-kind hand-made quilt. The drawing will be held at the end of December. Remember the more tickets you purchase the greater your chances of winning.

**This group meets the 1st and 3rd Thursdays at 9:00am - noon.**  
**NOTE:** The Quilters will only be meeting on December 4th this month due to the Holidays.

## HOLIDAY BREAK MAGIC SHOW

**Build Family Unity! This is a great opportunity to share some fun with your grandchildren.** Bring the entire family out and enjoy family friendly entertainment. Don't miss this Holiday Break Magic Show. It promises to fill the room with laughter and amazement!

Code	Age	Day	Date
58601	All	Tu	12/30
Time:	1:00-2:00pm		
Location:	Three Oaks Community Center		
Cost:	\$5 in advance, \$6 at the door		

## CLOTHING CONSTRUCTION SEWING CLASS

**NEW!!!**

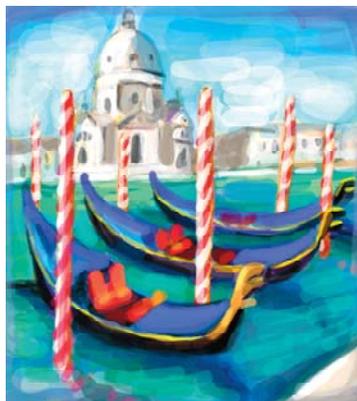
Learn how to sew garments that not only look good, but have a tailored fit. This class offers the step-by-step process of clothing construction. Instruction in fitting patterns, cutting out fabric, and proper sewing methods is provided.

Age	Day	Date
50/up	Th	1/15-2/26
Time:	9:00am-noon	
Instructor:	Barbara Murphy	
Location:	McBride Center	
Cost:	No charge, registration required	

## ITALIAN FOR TRAVELERS

Explore another culture. Learn about the customs, food and pronunciation of the Italian language. Participants will feel, speak and understand basic Italian for travelers.

Age	Day	Date
50/up	Th	1/22-2/26
Time:	1:00-2:30pm	
No fee, registration required.		
Cost:	\$10 book	
Instructor:	Lilliana Ravetti	



## BENEFITS FOR VETERANS & DEPENDENTS

This workshop explains disability, pension, health care, education and housing loans and other benefit programs available for you and your family.

Age	Day	Date
50+	M	2/2
Time:	9:30-10:30am	
Facilitator:	Tony Fisher, from Helping Hands	
Location:	McBride	
Cost:	No Charge	

## INTRODUCTION TO HYPNOSIS

Learn the basics of hypnosis - what it is and how it works. This introduction debunks the myths and provides an overview of hypnosis. The course also includes hands-on demonstrations.

Instructor: Linda Elkin, Certified Hypnotherapist

Age	Day	Date
18+	T&Th	12/2-12/11

Time: 6:30-8:30pm

Location: Ulatis Community Center

Cost: \$46/four-class session

Materials: \$5



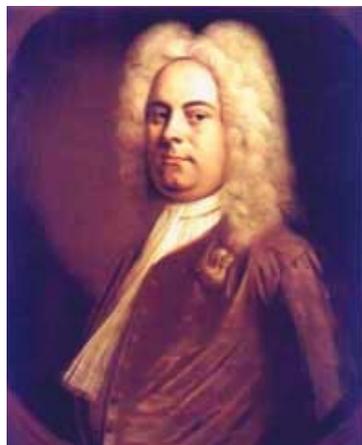
## VACAVILLE PERFORMING ARTS THEATRE

**Call 449-6217 or online at:  
[www.vpat.net](http://www.vpat.net)**

# Handel's Messiah

**Friday,  
December 5<sup>th</sup>  
7:00 PM**

**Tickets:\$7**



## GREAT DECISIONS

Exercise your brain power and stay informed. Participants discuss the pros and cons of American foreign policy issues.

Group discussions are based on topics in a briefing book published by the Foreign Policy Association, a nonprofit, nonpartisan educational group.



## DEADLINE FOR REGISTRATION IS JANUARY 16.

Age	Day
50/up	Friday (2nd & 4th)
Time:	9:30-11:30am
Date:	2/13-6/12
Cost:	\$25 (includes briefing book)
Facilitator:	Elizabeth Knight





# Lunch with the Commission On Aging

## Wednesday December 10th

Come Meet and Greet the members of  
the Commission on Aging during Meals on  
Wheels regular lunch time - **11:30am**



McBride  
Center,  
91 Town  
Square  
Place



# GRACE YOUR LIFE WITH BEAUTY

## PAINTING WITH ACRYLICS

Discover your creative talents. Learn art techniques such as design, composition, and color. Beginning and intermediate level students are taught how to draw and paint with various methods including brush, sponge and feather. Participants learn how to mix acrylic colors. A supply list is available at registration.

Code: 58625  
Age Day Date  
50/up W 12/3-12/17  
Time: 10:00am-1:00pm  
Instructor: Parvin Ghoddosi  
Location: McBride Center  
Cost: \$34/ three weeks  
Supply list available at registration.

## SEWING BY DESIGN



Here is a chance to develop your creative skills. Learn professional sewing techniques and tricks of the trade. Each student works on an individual project depending on their interest. We will cover subjects on fashion design sewing and interior design sewing. This class helps you define your style.

*You may join this class at anytime!*

Code: 61014  
Age Day  
50/up Th  
Date: 12/4-1/8  
Time: 9:00am-noon  
Instructor: Barbara Murphy  
Location: McBride Center  
Cost: No charge, but registration is required.

No Class: 12/25 & 1/1

**The supply list will be printed out on the “Confirmation Text” when you register.**

**Call 469-6671 for information**



## PAINTING/WATERCOLORS WITH SANDY

Get inspired and dip into this exciting medium. Learn the basic techniques of watercolor painting including design, composition, and color. Participants receive individual attention and are encouraged to work at their own pace while enjoying the fellowship of other students.

Code: 58604

Age	Day	Date
50/up	T	1/20-2/24

Time: 10:00am-12:30pm

Instructor: Sandy Imperatori

Location: McBride Center

Cost: \$75/six-week session

## DOG OBEDIENCE - BEGINNER ON LEAD

***A WELL-BEHAVED DOG CAN REDUCE STRESS AND ADD TO THE QUALITY OF YOUR LIFE.***

This beginning level class, for dogs 4 months and older, is designed to teach the basic skills of obedience. Dogs must have up-to-date rabies and DHPP vaccines.

The class is not appropriate for dogs with aggression problems.

Code: 58698

Age	Day	Date
12/up	Sa	2/7-3/28

Time: 10:00-11:00am

Instructor: Susan Sakala

Location: City Hall Park

Cost: \$51

## NUGGET MARKET RECEIPT COLLECTION

*Save your Nugget Market receipts - They are worth money!*

Spread the word to family, friends and neighbors. We are continuing to collect receipts from September 1, 2008 - June 15, 2009. Receipts can be from any Nugget or Food 4 Less location.

McBride receives 1% back of the total of the receipts we collect. These funds go towards our Scholarship Program for low income seniors that want to enroll in some of the fee-based classes.

**The collection box is located at our front counter.**

We need the itemized receipt. Your support is appreciated.



**FOOD4LESS**

# MAY YOUR TIMES BE INTERESTING

## ENGLISH LANGUAGE CLASS

This beginning level class is for those who want to learn English skills including: listening, speaking, reading and writing. Dates: 1/8-2/26

Age	Day	Time
50/up	Th	9:00-11:00am

Presenter: Ramon Curiel

Location: McBride Center

Cost: No Charge - *You may join the class at anytime.*

## COPING WITH AGING

Are you overwhelmed by day-to-day activities? You are not alone. Share your concerns with others in a comfortable, supportive and informal setting. To reserve your space, call 469-6620.

Age	Day	Date
50/up	F	1/9-3/27

Time: 9:00-11:00am  
Location: McBride Center  
Cost: No Charge

## CLEAN OUT THE CLUTTER

- This workshop focuses on recognizing and responding to clutter addiction and compulsive hoarding.
- Also learn about the danger of fire and health, and safety issues related to cluttering/hoarding.

Age	Day	Date	Time
18/up	M	1/12	10:00-11:00am

Location: McBride Center

Cost: No Charge

**Please call 469-6660 to reserve your space.**

## NEW GROUP! KNITTING BASICS

Come join the fun, meet other people, and knit your way through beautiful yarns. Learn knitting basics and how to read patterns to complete a project.

Code: 57941

Age	Day	Date
50/up	F	12/5-12/26

Time: 9:30am - 11:00am

Instructor: Susan Zysman

Location: McBride Center

Cost: \$12



## FREE, LOW-IMPACT, SENIOR EXERCISES 3 TIMES A WEEK!

McBride offers low impact exercises three times a week. This ongoing program requires no registration and you are welcome to join the group whenever your schedule permits. Many exercises are done in chairs and are specifically designed for seniors.

Age Day Time  
50/up M, W, F 10:30-11:30am  
Instructor: Joanie Colburn  
Location: McBride Center  
Cost: Free of charge

## GRIEF SUPPORT GROUP

Gain greater understanding of the grief process, share your feelings and experiences, and learn strategies for coping through these difficult times. To reserve your space, please call Rhea McCormack from Sutter VNA Hospice at 1-800-853-7454.

Age Day Date  
18/up W 1/21-2/25  
Time: 10:00-11:30am  
Instructor: Rhea McCormack  
Location: McBride Center  
Cost: No Cost

## TAKING OFF POUNDS SENSIBLY (TOPS)

How will life be different at your best possible you? Have the scales become your enemy? Has food become your foe? To achieve your goal, please join this group for support. We offer a healthy, caring approach to the extra pounds you may be struggling with. Group meets every Thursday of each month.

Age Day Time  
All Th 6:30-8:00pm  
Location: McBride Center  
Cost: \$5.00 monthly donation  
\$25.00 Membership

## FREE CELL PHONES FOR SENIORS

There is no greater joy than knowing that you can get the help you need if an emergency arises. These cell phones are used for 911 emergency calls only. For information call 469-6660.



## McBride's Lost & Found

Are you missing: A ladies watch, a set of car keys with an auto opener and a Cosmo Prof tag, or a clutch full of knitting needles? Stop by McBride's front counter to claim your possessions:)

# ***ENJOY FUN AND FITNESS***

## **HEALTH & FITNESS CLASS**

Participants engage in weight training, joint-free stretching and toning, and band resistance exercises that effectively and safely increase range of motion and posture alignment.

Code: 58619

Age Day Date  
50/up T 12/2-12/30

Time: 10:00-10:45am

Instructor: Rita Sommer, Certified  
Group Fitness Instructor

Location: McBride Center

Cost: \$16/five-week session

*See the back pages  
of the Megaphone for  
information on our senior  
scholarship program for reduced  
fees for our  
classes.*

## **THERAPY YOGA**

This new class offers gentle yoga that enhances flexibility and strength, and relaxes and renews the mind and body. Breathing and body awareness are also emphasized. Poses are modified for individual needs. Anyone who can walk up a flight of stairs is physically able to participate.

Instructor: Rita Sommer, Certified  
Yoga Instructor

Code: 58821

Age Day Date  
50+ W 12/3-12/1

Time: 10:00-11:15am

Cost: No charge

Call 469-6671 to be placed on wait list.

## **STRETCH & RELAX THERAPY**

Enjoy an evening of total body stretching and relaxation of your mind. This is an excellent class to de-stress and release all kinds of tension, especially after a day's work.

Exercises are performed gently and leave you feeling good all over.

Code: 59848

Age Day Date  
18/up T 12/9 & 12/16

Time: 7:15-8:30pm

Location: McBride Center

Instructor: Rita Sommer, Certified  
Group Fitness Instructor

Cost: \$21/two-week session

## CURRENT EVENTS DISCUSSION GROUP

This activity encompasses the keys to a long life:

- 🔑 Exercising your brain
- 🔑 Exchanging ideas
- 🔑 Meeting new people

Participants discuss a variety of current events topics.

Day: 2nd & 4th Fridays

Time: 9:30 - 11:30am

Facilitator: Elizabeth Knight

Cost: No Charge, drop-in

## TAI CHI BEGINNING EVENINGS -ADULTS

Learn these slow moving sets of exercises that help with balance, flexibility and posture.

Wear comfortable clothing and soft soled shoes.

Age            Day            Date  
18/up        M,W            12/1-12/29  
Time:        6:30-7:30pm (note change)

Instructor: Mike Woodside

Location: McBride Center

Cost: \$48.00 (twice a week)  
      \$24.00 (once a week)

No Class: 12/24 & 12/31



## CHI GONG EXERCISES

This new beginning class offers breathing exercises along with seated and stationary exercises to improve flexibility, dexterity, balance, and strength.

Code: 55339

Age            Day            Date  
50/up        W, F            12/3-12/31

Time: 8:45-9:45am

Instructor: Cereza Medeiros-Cook

Location: McBride Center

Cost: \$45.00 (twice a week)  
      \$35.00 (once a week)

## TAI CHI - PRIMETIMERS

Reduce your day-to-day stresses by enrolling in this class. Learn slow moving sets of exercises that help with balance, flexibility and posture.

Code: 58714

Age            Day            Date  
50/up        Tu,Th            12/2-12/30

Time: 8:45-9:45am

Instructor: Cereza Medeiros-Cook

Location: McBride Center

Cost: \$45.00 (twice a week)  
      \$35.00 (once a week)

## HATHA YOGA - DAYTIME PRIMETIMERS

Gain a more positive and peaceful outlook through the gentle postures of Hatha Yoga. The practice of yoga promotes greater physical flexibility, balance, reduces stress levels and improves overall health.

Code: M-53408; Th-53402

Age Day Date

50/up M 12/1-12/29

Time: 9:30-11:00am

50/up Th 12/4-

12/18Time: 9:30-11:00am

Instructor: Judy Jordan

Location: McBride Center

Cost: \$18.00

## BEGINNING YOGA - EVENING, ADULTS

This course will teach you effective exercises that will improve abdominal strength and core stability. Participants must supply their own mat and should wear comfortable clothing.

Code: 59992

Day Date Time

W 12/3-12/17 7:00-8:00pm

Instructor: Rita Sommer, Certified  
Group Fitness Instructor

Location: McBride Center

Cost: \$31

## SCULPTING & TONING

Participants engage in weight training, joint-free stretching and toning, and band resistance exercises that effectively and safely increase range of motion and posture alignment.

Code Age Day Date

53150 50/up Th 12/4-12/18

Time: 10:00-10:45am

Instructor: Rita Sommer, Certified  
Group fitness Instructor

Location: McBride Center

Cost: \$9.00/three-week session

## HATHA YOGA - EVENING ADULTS

Benefit from yoga by gaining flexibility, balance and strength. Class includes poses, breathing techniques, abdominal work, and a final relaxation segment.

Code: 57064

Age Day Date

18/up Th 12/16-12/30

Time: 7:00-8:15pm

Instructor: Martha Bond,  
Registered Yoga Teacher

Location: McBride Center

Cost: \$27 per session  
\$11 per class

**SAVE THE DATE....**



**SATURDAY  
APRIL 11th**

**Lunch 11:30am-1:00pm**

**Contest 1:00pm**

Ulatis Community Center &  
Vacaville Performing Arts Theatre  
1000 Ulatis Dr. Vacaville

**Sign Ups For Auditions  
Deadline**

February 2-27

**Auditions**

Saturday, March 7  
at 10:00am

**Rehearsal**

Saturday, March 28  
at 10:00am

**Tickets Available**

February 2- March 31  
Vacaville Performing Arts Theatre  
Online at [www.vpat.net](http://www.vpat.net) or  
Call 449-6217

**Buffet Lunch  
No Host Bar  
Talent Prizes  
Drawing Prizes**

## WESTERN LINE DANCE

Socialize and have fun while you are exercising. Come and learn the latest in country western dancing.

No partner is needed.

Instructor: Sherri Fay

Code: 55435

Age Day Date

50/up Th 12/4-12/18

Time: 3:00-4:30pm

Cost: \$11/3 week session

*Holiday gift from the instructor -  
3 weeks for the price of 2!*

## FOXTROT, WALTZ, SWING, CHA-CHA & TANGO DANCE LESSONS

Here is a great opportunity to learn a social activity that lasts a lifetime. Learn movements that blend into all dances and easy dance instructions that quickly have you on the dance floor. Enjoy free lessons with an instructor who has thirty years of dance experience.

Age Day Date

50/up W Ongoing

Time: 6:30-8:30pm

Instructor: Richard Read

Location: McBride Center

Cost: No Charge



No registration required, you may  
join the group at any time,  
walk-ins welcome.

# CULTIVATE YOUR INNER SCHOLAR

## MYTH MAKERS/ WORD WEAVERS

Stimulate your creativity and imagination with these writing workshops. Participants focus on writing poetry, essays, fiction, non-fiction and short plays. Writing ideas are distributed monthly. This group meets on the first and third Monday of each month.

Age	Day	Date
50/up	M	Ongoing
Time:	9:30am-12:00pm	
Facilitator:	Marie Brown & Thurlie Fish	
Location:	McBride Center	
Cost:	No Charge	



## LIFE STORIES WRITING GROUP

Here is an opportunity to leave a legacy of personal information for your descendants. Participants read their stories to the group and a friendly discussion follows. You don't need to be an accomplished writer just bring your enthusiasm and a willingness to share and listen. This group meets on the second and fourth Thursday of each month.

Age	Day	Date
50/up	Th	12/11 <b>only in Dec.</b>
Time:	2:00-4:00pm	
Facilitator:	Jim Beamer	
Location:	McBride Center	
Cost:	No Charge	

## FIRST AID

Gain confidence in your ability to handle medical emergencies. This course provides skills in first aid emergencies such as bleeding, burns, seizures, and fractures along with accident prevention information. Participants receive a two-year certification card.

Code	Age	Day	Date
58595	11/up	Th	12/11
Time:	6:00-10:00pm		
Instructor:	Pam Higgins		
Location:	McBride Center		
Cost:	\$36		
Material Cost:	\$5 payable to instructor at class		

## COMPUTER TRAINING

Join the computer age and become more technologically competent. Instruction is provided in Windows 2000 for beginners, Microsoft Word (word processing), and Microsoft Excel (spreadsheets).

For a lesson, please call 469-6661.

Age	Day	Time
50/up	M	9:30-11:30am
Instructor: Don Merkel		
Location: Three Oaks Community Cnt.		
Cost: No Charge		

## CARING FOR AN AGING LOVED ONE

Learn how to determine the best care for a loved one. Helpful advice on living arrangements, care options, adjustment strategies, additional resources and more.

Age	Day	Date
50/up	F	1/6
Time: 10:00-11:30am		
Instructor: Helping Hands		
Location: McBride Center		
Cost: No Cost		

## AARP DRIVER SAFETY PROGRAM

AARP presents a classroom refresher for drivers 50 and over. Learn to handle dangerous situations and compensate for the effects of aging while earning extra discounts on auto insurance. Those who have taken the course before may take the one-day class.

### Two day class

Age	Day	Date
50/up	M	2/2 & 2/9
Time: 9:00-1:00pm		
Cost: \$12 members; \$14 non-members		

### One day refresher course

Age	Day	Date
50/up	M	1/26
Time: 9:00-1:30pm		
Cost: \$10.00 January (fee increase in February)		

Instructor: Bud Kogge  
Location: McBride Center

## HAWAII

*Don't Miss Out On  
These Free Performances  
Of Traditional Hawaiian  
Music Played At McBride  
Every Thursday From  
11:00am to 12:00 noon*

*let's dance*

## MEDICARE CHANGES

Learn how the 2009 Medicare changes may affect you. HICAP will provide you with information on Part A and B Medicare advantage plan and drug plans. For information or to reserve your space, call (800) 434-0222 or 469-6660.

Age            Day    Date  
50/up        F     11/21  
Time:        9:30-11:00am  
Location:    McBride Center  
Cost:        No Cost

## BOOK CLUB

The McBride Book Club invites you to attend their monthly meetings for lively discussions about thought-provoking books. Book discussions are held on the fourth Wednesday of each month.

**January's book is  
"Transformations"  
by Anne Sexton.**

**No meeting in December**

Facilitator: Norma Meador

Location: McBride Center

Cost: No Charge

Call 469-6671 for information

## WATER FITNESS CLASSES

**Deep Water Exercise** combines a non-impact, full body workout combining deep water running and deep water aerobics. This follows the format for an aerobic workout including kicks and knee lifts. Bring exact change and pay at the pool or purchase a 30 visit pass.

Deep Water Exercise

Day: M-F

Time: 8:00-9:00am

**Water Aerobics** is a wide variety of dance and calisthenic moves performed in the water. Combines cardiorespiratory work out, toning and flexibility exercises. Great for arthritic persons and pregnant women. No swimming skills required. Bring exact change and pay at the pool or purchase a 30 visit pass.

Day: M-F

Time: 9:00-10:00am

Evening: M-Th

Time: 7:00-8:00pm

Location: Graham Aquatic Center

Age	Each Visit	30 Visit Pass
13-54	\$4.00	\$85.00
55/up	\$2.75	\$55.00



**City of Vacaville, Community Services Department  
McBride Center Scholarship Application**

The McBride Center, in addition to its many free activities, also offers a scholarship program to assist low-income Vacaville residents ages 50 and up with the fee-based activities.

- Applicants must be receiving assistance from one of the following: SSI, State Disability, Lifeline, General Relief, Food Stamps, Section 8 Housing or Unemployment Compensation. Verification is required.
- Scholarships can be used for 50+ activities, excluding trips, special events, supplies and materials fees.
- Scholarship requests should be made one month prior to start date of activity.
- Scholarships are awarded for 50 to 100% of the activity fee and only if funds and/or space is available.

To apply for a scholarship , please fill out the application below.

Name: \_\_\_\_\_

Address/City/Zip: \_\_\_\_\_

Phone: (\_\_\_\_\_) \_\_\_\_\_

Class/workshop starting date \_\_\_\_\_

I am requesting a scholarship of \$ \_\_\_\_\_

Class/workshop for which you are seeking scholarship \_\_\_\_\_

I am able to contribute \$ \_\_\_\_\_ to the cost of this activity.

Please explain any special circumstances that should be considered.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

(Optional) Ethnicity \_\_\_\_\_ Age \_\_\_\_\_

Signature: \_\_\_\_\_ Date \_\_\_\_\_

For additional information, call 469-6673 or 469-6671.

Please return this form in a sealed envelope to: McBride Scholarship Program, 91 Town Square Place, Vacaville CA 95688.

For Office Only: Approval: Yes \_\_\_ No \_\_\_ Date \_\_\_\_\_ Initials \_\_\_\_\_

Amount Approved \_\_\_\_\_ Supervisor's Initials \_\_\_\_\_

**Scholarship applications available in Spanish call 469-6673.**

# **FULFILL YOUR WANDERLUST**

## **Palm Springs New Year's & Carnival Cruise!**

**December 30, 2008 ~ January 5, 2009**

Your New Year's Tour/Cruise Includes:

2-Nights at the NEW Holiday Inn

Palm Springs

Palm Springs City Tour

Palm Springs Follies Performance

New Year's Eve Dinner & Party

New Year's Brunch PLUS

4-Nights on the Carnival Elation

"4A" Inside ~ Riviera Deck

\$1829 per person dbl occupancy

\$2420 per person single occupancy

"6A" Outside ~ Riviera Deck

\$1879 per person dbl occupancy

\$2470 per person single occupancy

DEPOSIT: \$300. Due at Time of Sign up

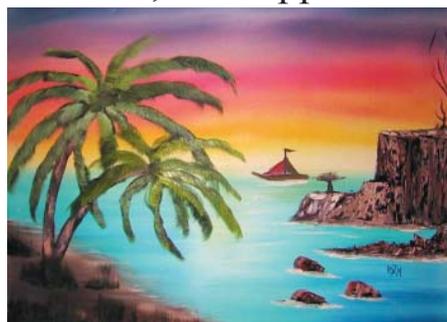
FINAL PAYMENT DUE: Nov. 21, 2008

## **WESTERN CARIBBEAN 7 Days, March 20-28, 2009**

Savor a remarkable Caribbean vacation aboard the new Ruby Princess. This Cruise includes: 7 days cruise with 1 Night Pre-Stay in Ft. Lauderdale; Ocho Rios, Jamaica; Grand Cayman, Cozumel; Mexico Princess Cays, Bahamas.

Also included are round-trip Transfer to Bay Area airport travel gift, driver gratuities and more.

Cost: \$1,845.00pp double occ.



## **TRIPS & TOURS**

Whether you're looking for a day trip or an extended vacation package our trips and tours specialists are here for you. Based on your budget and needs, they can design a very special blend for the most discriminating palates. For information call 469-6673.

Age Day Date

18/up S 3/14

Time: 10:00am-12:30pm

Presenter: Travel Agencies

Location: McBride Center

Cost: No Charge

**FOR INFORMATION  
CALL 469-6673**



## California Telephone Access Program

A Program of the California Public Utilities Commission

*Do you or anyone you know have difficulty using a standard telephone?*

If you answered yes to the above question, you can benefit from FREE information regarding our FREE services.

The California Telephone Access Program (CTAP), is a state-funded program that provides specialized telephones and services at no cost to qualified California residents who have difficulty using standard phones. Why are our services and equipment free? This is because our program is funded through a small surcharge that appears on all California resident's monthly telephone bill (California Relay Services and Communication Devices Funds).

To qualify, you must

1. Be a California Resident
2. Have existing residential Telephone Service
3. Complete a CTAP Certification Form, including your doctor's signature that certifies that your difficulty seeing, hearing, moving, speaking, or remembering makes it difficult to use a standard telephone.

Call 1-800-806-1191 or clip a Certification Form from the coupon section of your Yellow Pages. After you have been approved for your new phone, you can call our Call Center to have the phone shipped to you or you can visit a service center in your area to try out the phones and pick up the right phone for you.

### Contact Information:

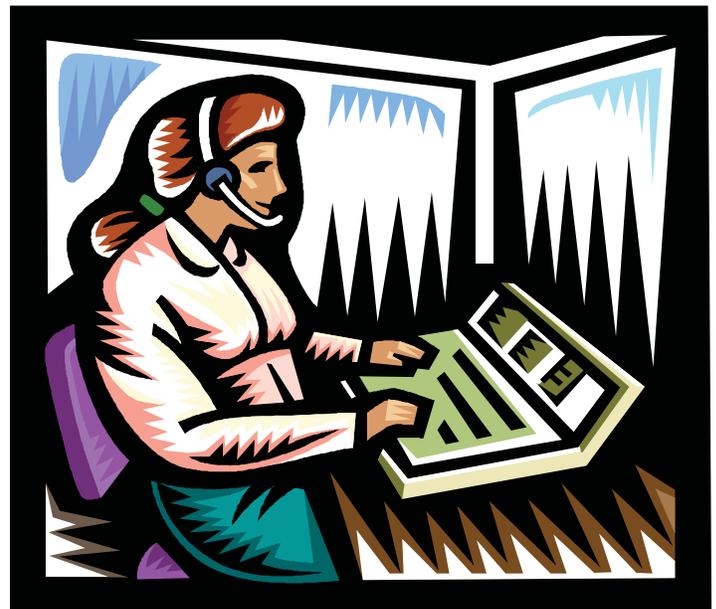
1-510-302-1123

1-510-465-3877 (FAX)

1-510-302-1179 (TTY)

Email: [casey@ddtp.org](mailto:casey@ddtp.org)

Website: [www.ddtp.org](http://www.ddtp.org)





Offered by  
**VACAVILLE**  
Community Services  
Department  
"We Create Community  
Through People, Parks  
and Programs"

# AARP TAX ASSISTANCE

# FREE!



AARP volunteer TAX-AIDE preparation and assistance service will serve low and middle income taxpayers with special attention to those ages 60 and older.

### Appointment times:

- Seniors - 9:00am-1:00pm
- Non-senior low income - 2:00-4:00pm

**Day**      **Date**  
Tu & Th    2/3-4/9/2009

**Location:**      **McBride Center**  
**Cost:**            **No Charge**

**For an  
Appointment  
call 469-6660.**

Policy of Non-Discrimination on the Basis of Disability  
In accordance with the requirements of Title II of the Americans with Disabilities Act of 1990, the City of Vacaville ("City") does not discriminate against qualified individuals with disabilities on the basis of disability in the City's services, programs, activities or employment. Information, comments, requests for accommodation or barrier removal, and/or complaints concerning the accessibility of City programs, services or activities to persons with disabilities should be directed to the City's ADA Title II / Section 504 Coordinator, 1001 Allison Drive, 469-6572, 469-6578 (TTY), 469-6555 (fax), [ada@cityofvacaville.com](mailto:ada@cityofvacaville.com).

2/06

4/9/09



# City of Vacaville CSD Presents New Death Valley Adventure!

## Featuring the Pink Jeep Trekkers

Travel across the snowy  
**February 24-28, 2009**

Sierras and spend the night in Tonopah before making your trek into Death Valley. Death Valley comes to life when Pink Jeep Tours shows you the most spectacular highlights of the largest national park in the contiguous United States. This custom one-of-a-kind tour takes you off the ordinary coach touring road and into some of the most colorful and incredible vistas of Death Valley. From Artists Palette to the amazing Titus Canyon,



ride in the comfort of the fully enclosed pink jeep suburban vehicle as the driver explains the wonders and the unique history of Death Valley. Go where no motor coach has gone before! The Pink Jeep Trekker takes you to the top of Dante's View, a breathtaking mountain-top overlook that sits 5000 feet above the inferno of Death Valley. Included in this trip is a docent led tour through

Scotty's Castle before enjoying a barbecue "under the stars" in the great Death Valley National Park. This is truly a delightful winter vacation to take your mind off winter weather!

Price is \$1,085/person  
double occupancy



## New England Back Roads

**October 10 - 17, 2009 - 8 Days**

**Highlights...Boston • Bennington • Molly Stark Trail • Adams Farm • Shelburne Museum Cold Hollow Cider • Ben & Jerry's Ice Cream Factory • Stowe • Lincoln • North Conway • Boothbay Harbor • Kennebunkport**

Per Person Rates: Double \$2,299; Single \$2,999; Triple \$2,269

### Included in Price:

Round Trip Air from Sacramento Airport- CA, Air Taxes and Fees/Surcharges of \$70 (subject to increase until paid in full), Hotel Transfers

*Not included in price: Cancellation Waiver and Insurance of \$140 per person*

# City of Vacaville CSD Presents Thailand - Ancient Capitals & Countryside

**Highlights...Bangkok • Ayutthaya • Sukhothai •  
Golden Triangle • Laos • Hall of Opium  
Chiang Mai • Elephant Camp • Night Market  
Included in Price:**

Round Trip Air from San Francisco Intl Airport,  
Air Taxes and Fees/Surcharges of \$320 (subject to  
increase until paid in full), Hotel Transfers

*Not included in price: Cancellation Waiver and  
Insurance of \$200 per person*



## **COLLETTE EXPERIENCES**

- Experience a dinner cruise on the Chao Phraya River in Bangkok.
- Spend one night relaxing in a river lodge located on the banks of Wang River, a hideaway for nature lovers.
- Visit the famous Bridge on the River Kwai.
- Breathe in the scent of paradise at a visit to an orchid farm.

**Per Person Rates: Double \$2,789; Single \$3,239; Triple \$2,769**

## **DISNEY WORLD**

**August 13-20, 2009**

Take advantage of this fabulous family fun cruise and Walt Disney resort vacation. This trip also includes: Round-trip airfare from major US gateways, Meals, 3 nights at Magical Walt Disney World Resort, 4 relaxing nights aboard the Disney Wonder, 3 day parkhopper pass to Epcot, Magic and Animal Kingdom and more.

Cost: \$1,985.00pp

**CALL KAY OR AUDREY FOR  
MORE INFORMATION ON  
ALL CITY SPONSORED  
TRIPS OR TOURS AT  
707-469-6673**

## **EASTERN RAIL ODYSSEY**

**May 10-17, 2009**

\$3,149; Single \$4,249; Triple \$3,099

**Highlights....**

**Boston • Faneuil Hall Marketplace  
• New York City • JFK Library •  
Top of the Rock • Mary Poppins  
Broadway Show Washington, D.C.  
• Arlington National Cemetery •  
Newseum**

- Embark on a locally-guided tour of historic Boston, visiting lively and historic Faneuil Hall marketplace.
- In Manhattan's famous theater district, enjoy a wonderful Broadway show.

# Annual Christmas Weekend in San Francisco



**December 13 & 14, 2008**

Depart for San Francisco to begin your Holiday weekend getaway! Union square is decorated for the season, so stroll to your heart's content, window shopping or picking up that last minute present. Check into the Radisson Hotel for your overnight accommodations. Enjoy a delicious Christmas dinner at Pier 39 and then enjoy a sparkling Christmas Lights tour. The next day, continue your shopping spree at the Nordstrom's Center and then visit the Hoogasian Flower Shop to watch them demonstrate their craft and enjoy a close up view of their holiday decorations. Price is \$185.00 per person double occ.



**LAST CHANCE!!**

## 2009 Rose Parade featuring the theme: "Hats off to Entertainment"



Dec. 30, 2008—  
Jan. 2, 2009

Kick off the New Year with an unforgettable trip down to sunny Southern California for the 120<sup>th</sup> annual Tournament of Roses. This VIP trip includes tickets to experience the Glory of Christmas at the famous Crystal Cathedral, a behind the scenes pass to watch as volunteers put the finishing touches to the floats, an interactive

dinner show at the Pirate's Adventure, admission to the Getty Museum and much much more! The night before the parade, join us for a scrumptious dinner at the Knott's Berry Farm Resort Hotel for their very special New Year's Eve "Taste of New York". Dance the night away to Broadway's best music and toast the New Year as you watch the Waterford Crystal New Year's Eve Ball drop via satellite feed, live from Times Square. Don't stay up too late though, because the very next morning,

you're off to your reserved bleacher seats for the Pasadena Rose Parade. View the many animated floats, the precision marching bands and prancing equestrian teams as the cameras broadcast the Tournament of Roses to the rest of the world. Approx: Price: \$950.00/person dbl occ.

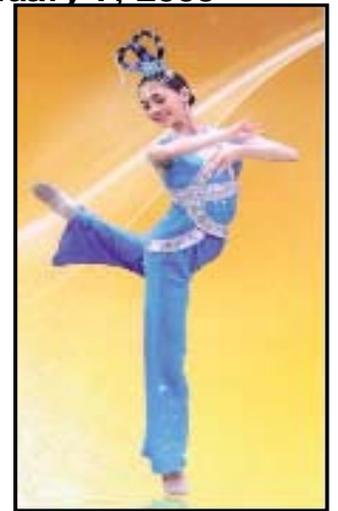


# Chinese Spectacular Show

January 7, 2009

Once a year this magnificent show comes to San Francisco on its world tour! The Chinese New Year Spectacular brings five thousand years of Chinese divine culture to life with regal music, vibrant costumes and beautifully choreographed dances. Imagine gymnastics, ballet, acrobatics and martial arts rolled into one! One of the show's trademarks is historical story-based dance, meet ancient heroes such as Yue Fei, the legendary Mulan and others. China's vast land is home to dozens of distinctive ethnic groups and folk tradition with their own colorful dance techniques, dress and music. This unique show will dazzle your eyes and delight your ears.

Price is \$154.00 per per-



## New Academy of Sciences in San Francisco

January 25, 2009



The California Academy of Sciences has housed in a fabulous new building, the Steinhart Aquarium, Morrison Planetarium, and Natural History Museum. Walk through a 90-foot diameter dome, along a spiraling pathway through three Rainforests galleries. Learn about the effect of climate change on natural habitats and the biodiversity of California. If astronomy is your interest, visit the state-of-the-art planetarium for a trip through our solar system. The Tusher African Center offers fascinating meticulous dioramas of gorillas, zebras, leopards and lions native the Africa. Stroll through the Swamp, viewing the sea turtles, subtropical fish and the rare white alligator. See the world's deepest Coral Reef, home to 3,000 exotic saltwater fish. Descend in a glass elevator to the submerged world of the Amazon during flood season. All this and much more await you at this incredible new Center.

Price is \$72.00 per person



## Tulipmania ~ ~ February 12, 2009

For the 29th year, Tulipmania will be welcoming you with over 35,000 tulips in a rainbow of colors. (Tulipmania is a special week when barrels of colorful tulips are displayed on Pier 39.) Enjoy free time on the Pier to shop, and have lunch on your own. Afterwards, visit the Pier 39 Greenhouse. Then board the coach to cross the Bay for a stop at Annie's. Discover 2.5 acres of Plant Heaven! This retail therapy has beautiful and ever changing display gardens and sample pots of commercially undiscovered treasures in bloom.

Price is \$57.00 per person



Put yourself in the picture...come traveling with us!



## **Spring in Tucson**    Featuring 4 nights in Tucson

**April 22-29, 2009**



Start your 8 day trip off right with an overnight at the Spa Resort Casino in Palm Springs. Afterwards, travel to Tucson where you will check in for four nights at the Hilton. During your stay in Tucson, you'll get to stroll through the Mission San Xavier del Bac, visit the Pima Air and Space Museum, and take a leisurely drive through Saguaro National Park. Visit the copper mining town of Bisbee where you'll go to the museum to learn about the mining history of the town before donning the hats with mining lanterns to ride the mine train deep into the Queen Mine to search for remaining veins of copper, gold, turquoise, silver, lead and zinc. After departing Tucson, enjoy a cruise on the Colorado River aboard the Colorado King Sternwheeler. Spend on last night at the Tachi Palace Hotel and Casino before returning home.

Price is \$1,399.00 Per Person Double Occ.

# Wicked

April 22, 2009



Long before Dorothy dropped in, two other girls meet in the Land of Oz. One, born with emerald-green skin, is smart, fiery and misunderstood. The other is beautiful, ambitious and very popular. How these two unlikely friends end up as the Wicked Witch of the West and Glinda the Good Witch makes for the most spellbinding musical in years. **WICKED** was the winner of 14 major awards including three Tony Awards. This year returns to San Francisco where it had its world premiere before taking Broadway by storm. Be sure to reserve your tickets before it leaves town again!

Price is \$138.00 Per Person



## Treasures of Idaho & Montana

Featuring Glacier National Park

August 27—September 5, 2009



This late summer trip will take you across through Nevada and up to Idaho to visit such places as the Thunder Mountain Line, Hells Canyon, Crystal Gold Mine, and Glacier National Park. Cross the border into Nevada to check in for the night at the Red Lion in Winnemucca before continuing your trip into Idaho. While in Idaho, board the Hells Canyon Dream Jet Boat for a delightful half day ride through the Canyon on the Snake River. Take a ride on the world's longest gondola to the top of Silver Mountain. Next, travel on through to Montana where you'll board the historic Red Jammers for a ride along the "Going to the Sun" Highway. After departing Montana, take a restful ride along one of Idaho's most scenic drives. Visit the Idaho Botanical Gardens and Old Idaho State Penitentiary Site before heading back home. This will be a truly unique trip exploring the treasures of Idaho!



Price is \$2,357.00 Per Person Double Occ.

## 35/OVER BASKETBALL LEAGUE

Enrich your life playing basketball at a slower pace. Keep your heart healthy with this 5-on-5 league for the mature player.

**Registration Deadline: 1/7**

**Managers Meeting: 1/14**

Code	Age	Day
------	-----	-----

59532	35/up	Su
-------	-------	----

Date: 1/20-3/15

Time: 1:00-8:00pm

Location: Georgie  
Duke Sports Center

Cost: \$368 per team

## ADULT COOKIE DECORATING CLASSES

Cookies make marvelous presents. Bring a friend and learn how to decorate cookies to make them a work of art.

Code	Age	Day
------	-----	-----

59903	18/up	S
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Date: 12/13

Time: 1:00-5:00pm

Location: McBride Center

Cost: \$40



# VACAVILLE SENIOR CITIZENS CLUB

The Vacaville Senior Citizens' Club's Business and Social meetings are held on the 2nd Monday of each month. Meetings start at 12:30pm. All seniors are welcome; however, unless you are a club member, you will not be eligible for the door prizes.

The Club's annual Christmas luncheon will be held on Saturday, December 20, at 11:30am at the McBride Center. Tickets will be on sale in the club office starting November 18 until noon, Wednesday, December 17. Members: \$8. Non-members: \$11. There will be door prizes and entertainment.

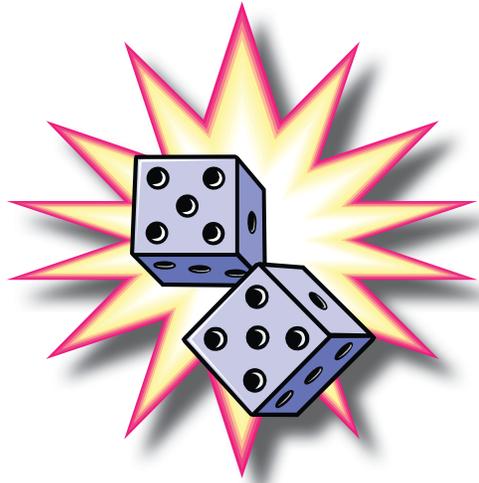
Please note: the menu has been changed to roast beef, red potatoes, carrots, mixed salad and dessert. This change was decided at our last business meeting.

For more information, call 469-6665, during club office hours, 9am-12pm, Tuesday through Friday.

*Shirley Granzella,*

# SR. CLUB TRIPS

See Gene Martin Tuesday - Friday  
in the Club Office,  
9:00 a.m. - Noon, 469-6669



## **FEBRUARY 17 & 18, 2009 Chukchansi Gold Resort & Casino**

Nestled in the beautiful Sierra Foothills near Yosemite National Park, just a stone's throw from some of the country's most breathtaking landscapes. Your hotel offers the warmth of a California lodge.

Includes: One night accommodation and Hilmar Cheese Factory Tour and lunch. On our way to our destination, we will stop in Modesto for a "No Host" lunch at "Fresh Choice Salad Bar."

Casino Bonus: \$10/cash, \$10 Food Credit

Cost: \$135 per person, double occupancy, \$40 single supplement

## **BOOMTOWN CASINO Thursday, March 19 (6 Hour Turnaround)**

Bonus: \$10 cash; \$5 food coupon. No buffet available, closed for remodeling.

Transportation provided by All-West Coach.

Cost: \$25 per person

**SPECIAL NOTE:** Please feel free to bring your own favorite beverage and pastry on all future bus trips, as I will not be serving any starting in January 09. Always carry a bottle of water. Please remember, no glass allowed on the bus.

*Gene Martin, Bus Escort*

TRIPS POLICY Reservations: All seat assignments made upon payment (or deposit where indicated). Reservations and call-ins, not yet paid, will be put on an interest list only. When payment is made, seating will be assigned. Refunds for cancellation after the stipulated date will be made upon PASSENGER REPLACEMENT ONLY. Cancellation Procedure: Most tour companies have a Cancellation Policy of seven working days for turnarounds and 30 days for overnights. Tour Team has opted to accept the policy of each individual contract. Cancellation date will be noted on the contract and on each flyer. The right is reserved to decline to accept or retain any person as a member of any tour if circumstances require it. No Refund without Receipt.

## **AREA AGENCY ON AGING NEW OFFICE HOURS**

A monthly schedule of the days that the AAA Office, located on the second floor of the McBride Center, will be available at our front counter and posted on their office door. You can leave a phone message with your information and Leonard McKindsey will return your messages the next time he is in the office.

Also know that the main office in Vallejo will be able to assist you at 1-800-510-2020.

## **TOPS CLUB, INC.**

The Take Off Pounds Sensibly support weight loss group meets at McBride every Thursday.

Open to the public, all ages welcome. Ongoing, Thursday @ 6:30-8:00 pm \$25 to join

## **SENIOR SHOWCASE**

Well as you can see, the Senior Showcase is in a different place. The remodeling will be starting soon. The very nice paintings that were put in the 3rd of November and were to be in for the month. Right now we have an empty showcase. We hope to have BONNIE WELINSKI paintings back in before the end of November so we can enjoy them for few days. Thanks you, Bonnie.

Joyce Foster  
Showcase Coordinator

## **POKER**

Thursdays and Fridays, 8:30am - 4:30pm. Women and men are welcome to join the group. Play until the lunch break or all day, whatever works with your schedule. Visitors are encouraged.

## **BINGO SCHEDULE**

Every Tuesday and the second and fourth Saturday of each month.

Tuesday, Dec. 2, 9, 16, 23, 30  
@ 1:00-3:30pm

Saturday (2nd & 4th)

Dec. 13 & 27 @ 12:30 - 3:00pm.

## **FREE CELL PHONE HEADSETS**

The new law requiring motorists to use hands-free devices with their cell phone went into effect July 1. Freeheadset.org, a California organization committed to safe driving, distributes free headsets to drivers for their cell phones. Participants pay \$3.94 to cover shipping & handling costs. Go to [www.freeheadset.org](http://www.freeheadset.org) for more information. Or make an appointment with Audrey at the 469-6673 or stop by her second floor office to have her help your order your free headset online.



## **FREE AREA AGENCY ON AGING**

Outreach coordinator Mary Vineyard will be available to share literature and information on a variety of topics of interest. Service is available on the third Monday of each month. Monday, December 15  
10:00am-12:00pm  
Town Square Library Center  
FREE of charge

## **FREE LEGAL CONSULTATION**

This service is available to individuals who may not otherwise be able to afford legal counseling. For an appointment, call 469-6660. Service is available on the first Wednesday of each month. Wednesday, December 3  
9:00-10:00am  
50+ years  
No Charge

## **FREE NOTARY SERVICE**

Do you need to have documents notarized? Set up an appointment with our Board Certified Notary by calling 469-6673. One signature free. Monday - Friday  
8:30am-4:30pm  
**No Charge for 1st signature,**  
\$10 donation for each additional signature.

## **FREE PUBLIC HEALTH NURSE**

Provides health screening and counseling on a variety of concerns. Appropriate referrals are made. Adults 50 and older by appointment, call Joyce Goodwin at 784-8264. Service provided on the first and third Wednesday of each month. Wednesday, December 3 & 17  
8:30am- 10:30am  
No Charge

## **FREE HEARING TESTS**

Take advantage of this free testing held by Solano Hearing Aid Center. Service provided on the first Tuesday of each month, December 2. For appointment, call 469-6660. 9:00-10:00 a.m.

## **SINGLES (50+) CONNECTION**

Please call for information 469-6673.

# ***HELPFUL SERVICE AVAILABLE AT McBRIDE***

**AREA AGENCY ON AGING (AAA):** Call (707) 469-6679 for assistance.

**BLOOD PRESSURE CHECKS:** 2nd and 4th Wednesday of each month, 8:30am-10:30am , **December 10 only**. Open to the public, walk-in, FREE

**HEALTH NURSE:** 1st and 3rd Wednesday, **December 3 & 17**. Health assessments and information. No treatment provided. Seniors 50+ by appointment, call Joyce Goodwin, R.N. at 784-8264. FREE

**HEARING TESTS:** 1st Tuesday of each month, **December 2**. Conducted by Solano Hearing Aid Center, 9:00am - 11:00am. Open to the public by appt. 469-6666, FREE

**HEALTH INSURANCE COUNSELING AND ADVOCACY PROGRAM (HICAP):** Information and assistance with Medicare, billing, supplemental insurance, long-term care and HMOs. 1st & 2nd Friday, **December 5 & 19** Call Carol Williams at 448-6062 for appointments.

**HOME DELIVERED MEALS:** Hot, nutritious, mid-day meals delivered to your home by Meals On Wheels. For information call 426-3079.

**LEGAL CONSULTATIONS:** 1st Wednesday, **December 3**, by appt. call 469-6666.

**LOST & FOUND:** Is located at our front desk.

**LUNCH PROGRAM:** For information, reservations, menus, call 426-3079. Served at 11:30am, M-F at McBride. Donations accepted.

**NOTARY SERVICE:** FREE to seniors, one signature by appt. Call 469-6673.

**PUBLIC TRANSPORTATION PASSES:** Our City Finance desk sells; City Coach bus passes for seniors (60+) and disabled at a reduced rate; also Taxi Script that provides a 50% discount to seniors and disabled. We also have Special Services bus passes. Passes available at normal rates for adults and students. 8:30am - 5pm, M-F.

**RIDE WITH PRIDE:** Call 469-6667. FREE rides, door to door, for seniors to appointments and events, first come first serve. Call in advance. Contributions accepted.

**VACAVILLE TELECARE SERVICE:** Provides a FREE daily phone call to seniors living alone. If you would like to receive a call 448-2273. FREE.

# ***GREAT ONGOING ACTIVITIES AT McBRIDE***

**ARTS & CRAFTS:** Every **Wednesday, 1:00-3:00pm**. Meet to share projects and socialize. The group is facilitated by senior volunteers. Open to seniors, walk-in, FREE. Bring your own supplies.

**ARTIST'S PAINT WORKSHOP:** Many of our seniors enjoy working together in a non-class setting in our bright, airy rooms. They gather **Thursday morning at 9:00am**. Open to seniors, drop in for FREE. Bring your own supplies & projects.

**BILLIARDS:** Our billiards room is open for play **Monday-Friday** during our regular business hours for seniors. It's a fun place to play, watch, and just pass some time. Players must be Senior Club members; membership is \$8.

## **BRIDGE GROUPS:**

**Mondays, 1:00pm. Established players.**

**Thursdays, 1:00pm. Walk-in Bridge.**

Call and leave message for Harriet, group coordinator, 447-1331.

**3rd Thursday, 12:00pm**, call group leader at 448-8051.

**Fridays, 12:30pm**, call 469-6660 for info.



**POKER:** This group plays **Thursday and Friday from 8:30am - 4:00pm**.

Call 469-6666 for further information.

**PINOCHLE:** **Tuesday, 1:00pm**. "Old" players & new players welcome. Call Harriet at 447-1331. **Fridays, 1:00pm**. Call/leave message for either group's coordinator at 469-6666.

**QUILTING BEE:** **1st & 3rd Thursdays**, December 18 only, 9:00am-noon.

Open to seniors, walk-in, FREE. Supplies extra.

**SENIOR EXERCISE:** 3 TIMES A WEEK! Our great senior volunteer, Joanie Colburn leads this very popular group, **M,W,F, 10:30am**. No sign-up, come and have fun! FREE

**SINGLE (50+) CONNECTION:** This fun group of single seniors plan and participate in group activities and events. FREE Call for future meeting dates - 469-6673.

**WIDOWED PERSONS OF CA , CHAPTER #13:** **3rd Tuesday** of each month at 7:00pm, **December 16**. An organization for widowed men and women looking to find re-direction in their lives. In addition to the meetings, the social calendar includes, bowling, cards and games, dinners, and Happy Hour/Brunch . Call Kay at 469-1298 or Martha at 446-1007 for information.

# DECEMBER 2008 MOW MENU

(Meals on Wheels)

(707) 426-3079 or 1-800-788-5114 for reservations/cancellations.

Menu is subject to change without notice.

Low fat milk is provided with each meal.

Suggested Donation  
\$3.00 per meal  
Guest under 60 years \$6.75

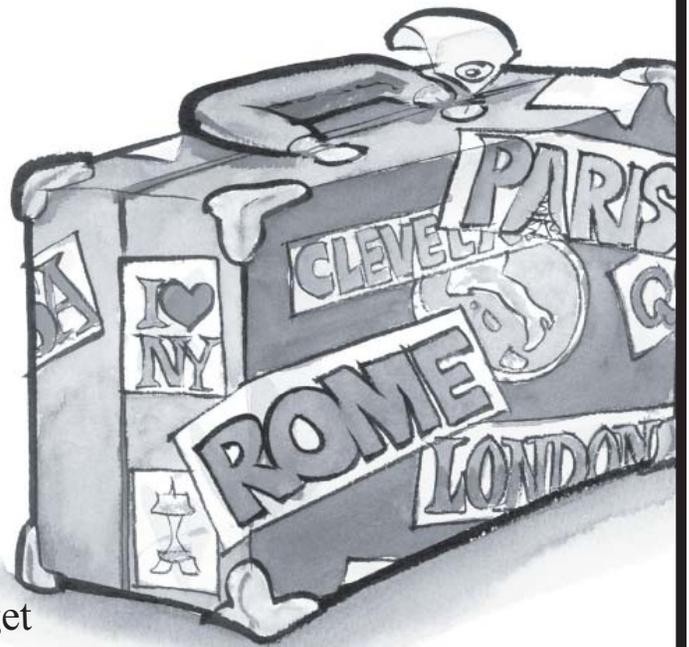
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1. Meatloaf With Tomato Sauce Mashed Potatoes Mixed Veggies Bread Fruit In Season	2. Navy Bean Soup Chicken Salad on bun Potato Salad Cranberry Juice Vanilla Pudding	3. Pork Chop with Gravy Roasted Potatoes Green Beans Green Salad, Roll Baked Apple Slices	4. Chicken with Dressing Carrots Pickled Cucumber Salad Fruit Juice Cookie	5. Breaded Haddock Rice Pilaf Broccoli Coleslaw Fruited Jello
8. Split Pea Soup BBQ Port on Bun Potato Wedges Orange	9. Chicken Alfredo Fettuccine Brussels Sprouts Veggie Salad Berry Crisp	10. Breaded Fish Cheesy Mashed Potatoes Mixed Veggies Romaine Salad Bread Fruit in Season	11. Southwest chili Spanish Rice Green Salad Fruit Juice Chocolate Brownie	12. Salisbury Steak with Gravy Scalloped Potatoes Garden Blend Veggies, Roll Fruit in Season
14. Corn Chowder Tuna Salad on bun Brussels Sprouts Fruit in Season	15. Country Steak with Gravy Mashed Potatoes Peas and Carrots Fruit Juice Bread Butterscotch Pudding	16. Sweet and Sour Chicken on Rice, Broccoli Thai Cabbage Salad Fruit in Season	17. Happy Birthday! Swedish Meatballs on Noodles Zucchini with Tomatoes Caesar salad Fruit Juice, Cake	18. Breaded Fish Garlic Baked Potatoes, Capri Blend Veggies Pickled Beef & Onion Salad Dinner Roll Oranges in Jello
22. Chicken Romano on Fettuccine Spinach Tropical Fruit cup	23. Roast Turkey w Dressing & Gravy, Sweet Potatoes Peas and Pearl Onions, Ambrosia Fruit Salad, Roll Pumpkin Pie with Topping	24. SITE CLOSED	25. CLOSED HAPPY HOLIDAY!	26. SITE CLOSED
29. chili Relleno Casserole Refried Beans Spanish Rice Citrus Fruit Cup	30. Baked Turkey Ham, Macaroni Salad Black-eyed Peas Fruit Juice, Corn Bread Tapioca Pudding.			

# *You've Traveled Far & Wide For the Perfect Location*

Now you can make Merrill Gardens your home that feels like a vacation getaway! At Merrill Gardens, you can enjoy many of the pleasures found in a great vacation:

- Anytime Dining<sup>SM</sup>
- A Variety of Planned Activities
- Weekly Housekeeping
- And Much More!

Call today to take a personal tour, and get ready to settle in to your ideal home retreat.



## **MERRILL GARDENS**

*A one of a kind retirement community*

[www.merrillgardens.com](http://www.merrillgardens.com)

### ***Vallejo***

(707) 553-2698  
350 Locust Drive  
Vallejo, CA 94591  
License #486801862

### ***Vacaville***

(707) 447-7496  
799 Yellowstone Drive  
Vacaville, CA 95687

### ***North Bay***

(707) 552-3336  
2261 Tuolumne  
Vallejo, CA 94589  
License #486800120



STORE HOURS  
**THE TREASURE CHEST**  
 Hours & Days:  
 9:30am-1:00pm  
 Mondays & Wednesdays  
 Phone: 469-6684



The McBride Center is a facility of the Community Services Department of the City of Vacaville.

Located at: **91 Town Square Place,  
 Vacaville, CA 95688  
 Tel: (707) 469-6660**

Hours of Operation:  
**Mon.-Fri., 8:30 am—5:00 pm**

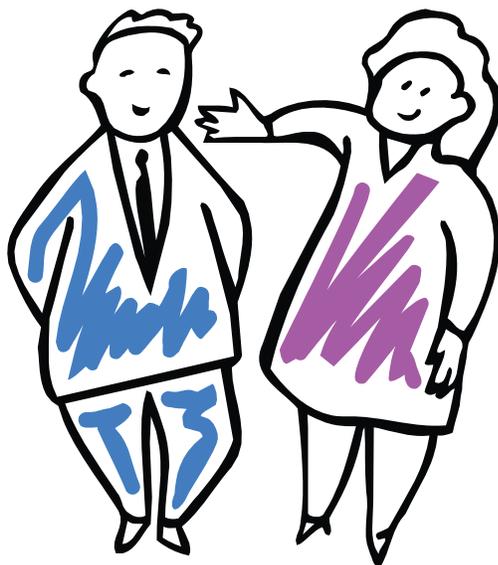
Evening and weekend hours vary.  
 Call for information and schedule.

The McBride Megaphone is an events guide produced monthly and is available in our front lobby. Copies are limited, one per person please.

**INTRODUCE A FRIEND**

- Do you know someone who would
- enjoy discovering all that we have to
- offer? Share McBride with a friend
- and become a part of the solution. Join
- us and volunteer to facilitate a group
- meeting, teach a class, or be a Greeter.
- For information, call 469-6673.

Call our Information and Referral Line at 707-469-6666 to have your senior services questions answered.



**Policy of Non-Discrimination on the Basis of Disability**

The City of Vacaville is committed to providing meeting facilities that are accessible to persons with disabilities. To request meeting materials in alternative formats, or to request a sign language interpreter, real-time captioning, or other accommodation, call 707-449-5409 (or 707-449-5162-TTY) at least four days prior to the meeting. Assistive listening devices may be obtained at the meeting or by calling the numbers above.

**NOTICE**

Ads and inserts included in this newsletter do not constitute endorsement by the McBride Center or the City of Vacaville.