

City of Vacaville Community Services Department
For more information, call (707) 469-6660



October/November 2016 Issue
Closed November 11, 24, & 25, 2016



McBride Megaphone



Please join us for

Thanksgiving Dinner

Age 50+ **FREE**

Celebrate Thanksgiving with family and friends. Turkey dinner and all the trimmings will be prepared and served by our staff and volunteers. Sign up early as space is limited to four in a party. For reservations, call 469-6660.

Deadline to register is 11/8/16.

Dance to the Big Band Sounds

SATURDAY, OCTOBER 15

6:00-9:00PM

MCBRIDE SENIOR CENTER

\$7 PER PERSON

Reservations required by October 7th

You don't want to miss this annual Dance! Come have fun dancing to the big band sounds of Alive Music Orchestra supported by the non-profit Vaca Jazz Society. No Host Bar. Call for information 469-6660, space is limited.

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SOLANO COUNTY WALK TO END ALZHEIMER'S
SATURDAY, OCTOBER 22, 2016

Harbor Plaza, Suisun City
<http://act.alz.org/solano2016>
 for more information contact
solanowalk@alz.org

The Walk to End Alzheimer's is the world's largest event to raise awareness and funds. When you participate in Walk, your fundraising dollars fuel our mission-related initiatives of care, support and research.

WALK TO END ALZHEIMER'S
 alzheimer's association

START A TEAM
 800.272.3900
alz.org/walk

Interested in learning more?
 Join us at our Kick Off Party
 Wednesday, July 21 | 5:30 – 7 PM
 NorthBay Green Valley
 Administration Building
 4500 Business Center Drive
 Fairfield, CA 94534

To join the McBride Senior Center Team, visit
http://act.alz.org/site/TR?fr_id=8857&pg=personal&px=10845222

For more information about the Fashion Extravaganza: Solano County, call 707-469-6660, 707-592-0416 or visit us online at www.fashionextravanzavacaville.com.

Support one of the Charity Events of the Year!

Fashion Extravaganza Solano County

October 22, 2016

5 - 10 pm

**Ulatis Community Center
1000 Ulatis Drive, Vacaville**

\$45 per person



**FOOD, WINE, FASHIONS, LIVE AUCTION
MUSIC & DANCING**

Benefiting

**McBride Senior Center Scholarship Fund
Faith In Action & 10-33 Foundation**

Sponsored by

about face skin & body therapies

Stems Florist

**Diepenbrock Facial
Cosmetic Surgery**

www.FashionExtravaganzaVacaville.Com

For Tickets call 707-592-0416



Chef to Go Catering



Day Trips

Open to the public. No membership required!

Sausalito & Muir Woods

Sat., Oct. 1, 2016, Marin, \$50

Escape to Muir Woods and admire the beauty of the ancient redwoods. Let the peacefulness of the trees and scenic ocean views carry your worries away. The park has many trails for all ability levels, including wheelchair-accessible. Come and experience one of the most beautiful places on Earth. **Deadline to purchase tickets is 9/15.**

S.F. Fleet Week Cruises

Sun. Oct. 9, 2016, S.F., \$150

Come aboard the San Francisco Belle, a yacht steeped in history and romance! Enjoy watching the skyline from one of her three climate-controlled decks while sipping away on champagne. Brunch and musical entertainment indulge the senses while the U.S. Navy's Blue Angels soar overhead, performing thrilling maneuvers as you cruise San Francisco Bay.

Deadline to purchase tickets is 9/18.

A Swingin' Holiday

Sat. or Sun., Nov. 12 or 13, 2016, Walnut Creek, \$55?

The holidays begin at the Del Valle Theatre with our annual production of *A Swingin' Holiday* by Broadway choreographer Sean Kelly, currently the Associate Director of Broadway's *American in Paris*! Enjoy the swingin' music and songs from the 1930's and 40's by legends such as Duke Ellington and Nat "King" Cole as well as Tchaikovsky's *The Nutcracker Suite*, accompanied by our live swing orchestra. **Deadline to purchase tickets is 10/28.**

Miracle on 34th Street

Tues.-Thurs., Dec. 13-15, 2016, Reno, \$300 double occupancy or \$355 single occupancy

This show is filled with humor, spectacle and beloved songs, such as "Pinecones and Holly Berries", "It's Beginning to Look a Lot Like Christmas" and "My State, My Kansas". This joyous, heart-warming musical is pure family entertainment. Price includes two nights deluxe accommodation, performance of *Miracle on 34th Street*, motorcoach transportation, meals and much more! **Deadline to purchase tickets is 11/1.**

Earth Day Getaway

Thurs. and Fri., Apr. 20 and 21 2017, Guerneville, \$425 double occupancy or \$575 single occupancy

Head north to wine country and enjoy the beautiful gardens of Korbel while sipping wine or champagne. Spend the night at Dawn Ranch for a night with dinner at *Agriculture, A Public House*. Finish off the trip with a visit to the Sonoma Cheese Factory. Eat lunch, shop, and stroll in downtown Sonoma before heading home. **Deadline to purchase tickets is 4/1.**

Trip of a Lifetime **By Jeanne Wheeler**

For me, the trip of a lifetime began when I joined a Collette tour in Shanghai.

Shanghai, a cosmopolitan city, is the economic center of China. For three days, our tour director provided an introduction to Chinese culture. The most interesting experience for this retired teacher was visiting a public elementary school where we observed a kindergarten class learning English. We were also invited to a music performance by upper grade students.

From Shanghai, we flew to Wuhan where we began a five night cruise of the Yangtze River. In the course of the cruise, we visited the construction site of the Three Gorges Dam project. We boarded pea boats in order to go farther through the gorges.

As we passed through the gorges, we could see monkeys on the hills surrounding the gorges. Who knew we would see monkeys running around in the wild!

After returning to the river boat, we sailed to Chongqing. Disembarking there, we visited the Stilwell Museum as well as the Flying Tiger Museum. These honor contributions of Americans who helped the Chinese defend their country against Japanese aggression in the World War II era.

From Chongqing, we flew to Guilin, where we visited the Tea Institute. Prior to observing a traditional tea ceremony, we visited a tea plantation where we saw tea growing and harvested.

Xian was our next stop. This city, the former capital of China, is the excavation site of the Terra-Cotta Warriors. These 7,000 clay figures are life size and were created to guard one of China's emperors in the afterlife.

Beijing marked the end of the tour. In three days, we visited Tiananmen Square, the Forbidden City, the Temple of Heaven, the Summer Palace as well as the Great Wall. The Great Wall is a challenge to all, Chinese as well as tourists.

For me, one of the most interesting experiences was a rickshaw tour of the narrow streets and alleys of the oldest part of Beijing. We visited a local family and shared lunch with them in their Hutong home.

If you've made your way to this point in my description of Collette's tour; it's obvious why I call this tour the trip of a lifetime. It was fantastic!

Panama Canal Cruise Aboard the Celebrity Infinity

April 17-May 2, 2017

Inside - \$2,999

Outside - \$3,499

Balcony \$4,399

Step aboard Celebrity Infinity and Indulge your love of cursing while enjoying delicious bites and drinks on Celebrity's first-ever outdoor Rooftop Terrace, tuck into Italian-inspired Tuscan Grille, and celebrate a culinary journey at Qsine. Work it off in Celebrity Life Activities, enjoy a massage at the unparalleled Canyon Ranch Spa Club, sip a chilled Peartini at the ice-topped Martini Bar, keep in touch at Celebrity iLounge, Try As much or as little as you choose, for a cruise to remember.

Cruise Includes: Roundtrip air, roundtrip airport service and transfers, port charges, San Diego, California, Cabo San Lucas, Mexico • Puerto Vallarta, Mexico • Puerto Quetzal, Guatemala • Puntarenas, Costa Rica • Panama Canal Full Transit • Willemstad, Curacao • Ft. Lauderdale (Port Everglades), Florida.

Great Getaways!

*Prices are subject to change.

Trips & Tours

Trips & Tours Presentation

Wednesday, November 2, 2016
from 10:30 a.m.-12:00 p.m.
at the McBride Senior Center

Start planning that perfect vacation destination! Join us for coffee, snacks and an informative presentation on several delightful destinations! We provide complimentary roundtrip airport service on all air-inclusive trips, round-trip airfare, meals and much more. **Open to the public. No membership required! Deposits are encouraged.**

Mysteries of India

February 9-23, 2017

*Cost: \$5,699 double occupancy

Explore New and Old Delhi, visiting the tallest brick minaret in the world and Humayun's tomb. Next, fly into Udaipur where you'll experience relaxing yoga classes. Travel to Ranthambore National Park. Finally, arrive in Agra and visit the Taj Mahal.

Tour Includes: Roundtrip air, roundtrip airport service and transfers, air taxes and fees/surcharges, Lake Pichola cruise, Hawa Mahal, Amber Fort, home-hosted dinner, game drives, Chandel Temple Complex, Ganga Aarti Ceremony, Sarnath, meals and much more are included!



Spectacular South Africa

March 9-22, 2017

*Cost: \$4,999 double occupancy

Journey begins with a tour of Sandton. Visit Kruger National Park, the largest game reserve in South Africa. Travel to Featherbed Nature Reserve and discover local flora and fauna during a nature walk.

Tour Includes: Roundtrip air, roundtrip airport service and transfers, Johannesburg, Soweto, Panoramic Route, safari game drive, garden route, Knysna, ostrich farm visit, wine pairing dinner, Cape Town, Table Mountain, meals and much more are included!



Arizona Spring Training Getaway

March 19-24, 2017

*Cost: \$1,795 for double occupancy



Baseball fan? Come and experience spring training in Phoenix! Tour begins with a city tour followed by a spring training baseball game. Travel south for sightseeing in Tucson. Finish trip with a visit to the Heard Museum of Native American Culture and another baseball game.

Tour Includes: Roundtrip air, roundtrip airport service and transfers, Hall of Flame Fire Museum, Old Town Scottsdale, Tucson area, Mission San Xavier, Arizona-Sonora Desert Museum, Sabino Canyon

America's Canyonlands

May 18-25, 2017

*Cost: \$2575 pp double occupancy

Experience Grand Canyon, Bryce Canyon and Zion National Parks. Six million years in the making, the Grand Canyon's dynamic colors and textures inspire reflection at nature's power and beauty.

Tour Includes:

Roundtrip air and airport transfers, Scottsdale, Zion Park tram tour, Sedona trolley tour, Oak Creek Canyon, Cameron Trading Post, Lake Powell cruise, Monument Valley scenic drive, Las Vegas, meals and much more are included!

Western Caribbean Cruise

March 25-April 2, 2017

*Cost: \$1,680



Head to New Orleans where the jazz is cool and the food is hot! Board the Norwegian Dawn and sail south to Cozumel, Mexico, an area known for its fantastic fishing, snorkeling and diving opportunities. Enjoy stops at Roatan in Honduras, Harvest Caye in Belize and Costa Maya in Mexico before heading home.

Tour Includes: Roundtrip air, roundtrip airport service and transfers, 7 day cruise aboard Norwegian Dawn, free style dining, formal or casual dress, meals and much more are included!

American Empress

Nine Day Voyage from Clarkston to Portland

April 22-30, 2017

*Cost: \$4,130

Fly to Spokane, WA and spend the evening at the beautiful Davenport Hotel. Enjoy complimentary breakfast before boarding the American Empress. Next stop, Clarkston, WA where you'll learn about the Nez Perce Native American tribe who assisted Lewis and Clark. Travel further to Sacajawea State Park, Dalles (OR), Stevenson (WA) and Astoria (OR) before disembarking in Portland.

Tour Includes: Roundtrip air, roundtrip airport service and transfers, complimentary shore excursions in every port, wine and beer with dinner, cappuccino, espresso, bottled water and soft drinks, daily lectures by the Riverlorian, meals and much more are included!

Yellowstone & the Wild West

June 23-30, 2017

*Cost: \$2,375 double occupancy



Trip begins with a Salt Lake City Tour featuring the State Capitol, Temple Square and This is the Place Monument followed by the Great Salt Lake where millions of migratory birds flock each year. Travel north into Jackson, WY and visit the National Museum of Wildlife Art which overlooks the National Elk Refuge. Take in spectacular views of the Grand Tetons, Yellowstone and Utah Olympic Park before heading home.

Tour Includes: Roundtrip airport service and transfers, Tabernacle Organ Recital, Jenny Lake Cruise, Bar J Chuckwagon dinner, Old Faithful Geyser, Park City (UT), meals and much more are included!

Alpine Swiss Villages

August 21-29, 2017

*Cost: \$5,195

Arrive in Zurich, board your coach and travel through the Swiss landscape until arriving in Lauterbrunnen. Enjoy a day trip to Interlaken followed by Grindelwald for shopping. Arrive Lauterbrunnen Valley where a cograil excursion leads you through caves carved by falls. Finish trip with a moderate walk through alpine meadows and forests to Staubbachbankeli Overlook.



Tour Includes: Roundtrip air, roundtrip airport service and transfers, Berner Oberland Pass, Schynige Platte, Merrigan with Reichenbach Falls, Gimmelwald, Murren by tram and rail, Bern, Lucerne, meals and much more are included!

Autumn in New England

September 24-October 1, 2017

*Cost: \$3,295 double occupancy



Tour begins in Boston then along to Ludlow, VT where you'll indulge in Cabot Cheese and Lake Champlain Chocolate Annex before heading to Stowe and touring Ben & Jerry's Ice Cream Factory. Enjoy breathtaking

panoramas of the White Mountains and drive along the Kancamangus Highway before arriving in Portland, ME.

Tour Includes: Roundtrip air, roundtrip airport service and transfers, Cold Hollow Cider Mill, Quechee Gorge, Cannon Mountain Tram, Flume Gorge, M/S Mt. Washington Cruise, Castle in the Clouds, Café Lafayette dinner train, Freeport & LL Bean, Wilbur's Chocolate Company, Cold River Vodka Distillery, Finest Kind Lobster Boat, Kennebunkport (ME), meals and much more are included!

Fall Colors & Lighthouses of the Great Lakes

September 28-October 6, 2017

*Cost: \$2,650 double occupancy

Arrive Chicago and enjoy a city tour, featuring famous landmarks such as Sears Tower, Wrigley Building and more! Travel to Grand Rapids and visit the Gerald R. Ford Museum before heading north to Mackinac Island where the charm of a bygone era is preserved. Head to Michigan's Upper Peninsula and arrive in Green Bay to visit famous Lambeau Field and Eagle Bluff Lighthouse.

Tour Includes: Roundtrip air, roundtrip airport service and transfers, Mackinac Island Carriage Tour, Old Mackinac Point Lighthouse, Door County, fish boil dinner, Wisconsin Upper Dells Boat Cruise, meals and much more are included!



CULTURAL ARTS & SPECIAL INTEREST

We offer a wide variety of classes. Additional information can be found online at www.cityofvacaville.com. Questions? Call the program coordinator, Mary Torres, at (707) 469-4010 or ask any of the registration counters at (707) 469-4000, (707) 469-4020, or (707) 469-6660.

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| <ul style="list-style-type: none">⊗ Ballet Classes⊗ Basic Life Support for Healthcare Providers⊗ Broadway Music4Kids Choir—Peter Pan⊗ Computer Classes: Word, Excel, Quickbooks and Desktop Publisher—Working with Photos.⊗ Construct a Solar Cooker⊗ Conversational Online Language Courses⊗ Drawing Classes⊗ Essential Oils for Wellness⊗ First Aid and CPR Basics⊗ Fun with Fido Dog Training⊗ Healthcare CPR Recertification⊗ Hip Hop Classes⊗ Jewelry Classes⊗ MTAC Certificate of Merit⊗ Music Classes: Guitar, Keyboard, Strings (violin, cello or bass), and Piano⊗ Music Lessons | <ul style="list-style-type: none">⊗ Oil Painting⊗ Princess Divas⊗ Sewing Classes⊗ Starbound Theatre presents “The Happy Elf”⊗ Tippy Two-Two’s⊗ Ukulele Class⊗ Voice Classes⊗ Western Line Dance |
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Fall Classes

If space available, 18-49 year olds may register.

Computer Classes **Materials Fee: \$8.00** **Instructor: Louise Bucci**

Advanced Computer Class

Join the computer age and become more technologically competent. Learn the importance of having an anti-virus program on your computer, how to install and uninstall a program, how to navigate e-mail, search the internet, and use Facebook safely and correctly.

M	10/3-10/17	11:00 a.m.-12:30 p.m.	\$33
M	11/7-11/21	11:00 a.m.-12:30 p.m.	\$33

Beginning Typing

Join us and learn how to make your computer experience less tedious. This class familiarizes novice computer students with the keyboard, improves typing speed and accuracy, and saves your hours on the computer. The goal is to be able to type directly from the computer screen without needing to look at your keyboard.

TH	10/6-10/20	9:30-10:30 a.m.	\$33
TH	11/3-11/17	9:30-10:30 a.m.	\$33

Boot Camp

This program familiarizes students with the computer and its hardware components. Learn about two kinds of icons, the different operators on the keyboard, keyboard symbols, how to work with a flash drive, correct use of the Internet, Introduction to Graphics on the computer and how to incorporate the use of 30 word commands using Word. No computer skills needed!

S	10/8-10/22	12:00-2:00 p.m.	\$79
S	11/5-11/19	12:00-2:00 p.m.	\$79

Computer Basics 1

Learn in a fun and enriching atmosphere all about the desktop, icons, basic computer terms, how to navigate while on the computer and mouse skills. No computer skills needed!

M	10/3-10/17	9:30-10:30 a.m.	\$33
M	11/7-11/21	9:30-10:30 a.m.	\$33

Computer Workshop - Mac

This course involves going over the overall operation of a Mac computer, including the differences between Mac and Windows Systems. Learn keyboarding, working with emails, finder, movie-making, paralleling with windows, apple converters, and working with iCloud on a Mac. Some basic Mac knowledge is a plus.

TH	10/6	11:00 a.m.-2:00 p.m.	\$49
TH	11/3	11:00 a.m.-2:00 p.m.	\$49

Computer Workshop-Windows 10

Bring your device and get an overview of the benefits Windows 10 offers for everyday home or office use. You'll learn how to get the most out of new features and how to personalize your Windows experience.

TH	10/13	11:00 a.m.-2:00 p.m.	\$49
TH	11/10	11:00 a.m.-2:00 p.m.	\$49

Working with Emails & Attachments

This beginning course teaches users how to establish and maintain an email account. Course covers basics such as adding, changing and deleting emails in addition to organizing emails via folders. Learn how to send attachments to one or multiple people. All levels may join this class.

W	10/5-10/19	9:30-11:30 a.m.	\$39
W	11/2-11/16	9:30-11:30 a.m.	\$39

Working with Social Media

This course teaches users how to establish and maintain a Facebook account. Course covers basics such as searching for friends, grouping members, adding pictures, working with YouTube and much more! All levels may join this class.

W	10/5-10/19	12:00-2:00 p.m.	\$49
W	11/2-11/16	12:00-2:00 p.m.	\$49

iPads, iPhones and Androids

Learn how to access and navigate your device for maximum enjoyment. Find out how to download apps, use the internet, setup email and much more! No skills needed.

Introduction

T	10/4-10/18	9:30-11:30 a.m.	\$39
T	11/1-11/15	9:30-11:30 a.m.	\$39

Come and learn how to fully utilize more of the great features that your device has to offer. Find out what Siri will do; how to use FaceTime, calendar, reminders, contacts, camera/photos, other popular apps and much more! Prerequisite: Introduction Class.

Intermediate

T	10/4-10/18	12:00-2:00 p.m.	\$39
T	11/1-11/15	12:00-2:00 p.m.	\$39



Computer Class
Instructor: Shirley Shaw

About Shirley: Prior experience at Oracle Marketing Cloud & currently a solutions engineer for a San Francisco-based B2B marketing tech company
 Past clients include major brands like Intuit, LinkedIn, The North Face, Cost Plus, and more!

Computer Tech for Small Business Series

Learn how to leverage highly powerful web and mobile tools such as Google Apps and Dropbox to help run your small business. No coding experience required. This packed series starts with basic foundations of working and collaborating with your team in the cloud via Google Drive and moves toward more advanced techniques to improve your workflow. Also covers a selection of other popular technologies that enhance your efficiency and productivity. Non small business members also welcome. If space available, 18-49 year olds may register.

Prerequisites:

- Gmail address
- Your own Wi-Fi capable laptop with a camera, MacBook preferred
- Basic computer skills such as sending emails with attachments, how to navigate files within folders, cut-copy-paste shortcut commands, able to setup your own Wi-Fi connection

S	10/1-10/15	9:30-11:30 a.m.	\$120
S	11/5-11/19	9:30-11:30 a.m.	\$120



Fitness Pound

POUND is an energizing class while playing the drums. Participants can burn up to 900+ calories per hour, strengthen and sculpt infrequently used muscles, and drum your way to a leaner, slimmer physique—all while rocking out to your favorite music!

T	10/4-10/25	6:30-7:30 p.m.	\$29
T	11/1-11/29	6:30-7:30 p.m.	\$29

Instructor: Sharon Roberts



Hatha Yoga-Primetimers

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

M	10/3-10/31	9:30-11:00 a.m.	\$25
M	11/7-11/28	9:30-11:00 a.m.	\$25
TH	10/6-10/27	9:30-11:00 a.m.	\$25
TH	11/3-11/17	9:30-11:00 a.m.	\$25

Instructor: Judy Jordan



Painting with Watercolors

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.

T	10/4-10/25	10:00 a.m.-12:30 p.m.	\$53
T	11/1-11/22	10:00 a.m.-12:30 p.m.	\$53

Instructor: Sandy Imperatori



Sculpt and Tone for Everyone

Drop the weights, ditch the sit-ups, and transform your health and fitness efforts! Students exercise to reduce the fear of falling. They learn corrective exercises, weight loss techniques, post rehab, myofacial release, increase strength and balance, physique measurement and more!

T	10/4-10/25	10:00-11:00 a.m.	\$33
T	11/1-11/29	10:00-11:00 a.m.	\$41
F	10/7-10/28	10:00-11:00 a.m.	\$33
F	11/4-11/18	10:00-11:00 a.m.	\$17

Sculpt and Tone: Personal Trainer Sessions

F	10/7	11:30 a.m.-12:30 p.m.	\$50
F	11/4	11:30 a.m.-12:30 p.m.	\$50

Instructor: Lewis Allen



Spanish-Conversational

Enjoy group exercises as you learn basic Spanish and advance at your natural pace. No knowledge of the language is required.

Beginners

F 8/26-10/7 1:00-2:00 p.m. \$33

Intermediate

Be ready to travel to places where the ability to converse will enhance your experience. Participants should have a basic understanding of Spanish. Class activities address a variety of learning styles. No text is required. Handouts are provided the first day of class.

F 8/26-10/7 10:00 a.m.-12:00 p.m. \$33

Instructor: Merry Serrano



Tai Chi/Qigong for Seniors

Take this class to experience a beautiful blend of Qigong and Tai Chi styles. This class offers novice through advanced students an opportunity to enhance one's daily energy and peacefulness. It helps to regenerate your body by transforming sickness into health, lowering blood pressure, increasing blood circulation, decreasing cancer, diabetes, and cardiac problems.

MWF 10/3-10/31 9:00-10:00 a.m. \$66

MWF 11/2-11/30 9:00-10:00 a.m. \$56

Instructor: William Yeung



Yoga for Everybody

This relaxing class accommodates all levels, from beginner to advanced. Learn breath awareness, stretches and stress reduction techniques. Drop in available.

M 10/3-10/31 9:00-10:15 a.m. \$41

M 11/7-11/28 9:00-10:15 a.m. \$37

F 10/7-10/28 8:45-10:00 a.m. \$37

F 11/4-11/18 8:45-10:00 a.m. \$19

Instructor: Shannon Carter



Zumba Gold

Zumba is a Latin-inspired dance fitness program for all ages, sizes and activity levels. It's an exhilarating, effective way to burn calories and easy-to-follow. This fitness program is moving millions of people towards joy and good health.

Drop-in is available.

TH 10/6-10/27 10:00-11:00 a.m. \$29

TH 11/3-11/17 10:00-11:00 a.m. \$22

S 10/1-10/29 10:30-11:30 a.m. \$36

S 11/5-11/26 10:30-11:30 a.m. \$29

Instructor: Sharon Roberts

Free Fall Classes

AARP Smart Driver Course

AARP presents a refresher course 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 in the past four years, may take the one day, five hour class. To register, call 469-6660.

M 10/17-10/24 9:30 a.m.-1:30 p.m. Members \$15/Non-members \$20
Instructor: Bill Colley

Acoustic Jam Session

Do you like to sing, play or listen to guitar, banjo, mandolin, fiddle, harmonica, or any other acoustic instrument? Whether you're young or not and can't play or sing, there are no egos, everyone is welcome! It's a great way to learn new music and make new friends. This group meets the first and third Wednesday of the month.

W Ongoing 6:00-9:00 p.m. FREE
Facilitator: Leslie Cloper

Blood Pressure Screening

Join us as we help to improve the health of our community. Service provided on Mondays. Open to the public. Walk-ins welcome. Service provided by Leigh Reese.

M Ongoing 11:00-12:00 p.m. FREE

Book Group

Do you enjoy reading books? This group is the perfect forum to discuss what you're reading or looking forward to reading. Also, hear about books others have read that you may want to add to your list of 'must reads'.

F Ongoing 11:00 a.m.-12:00 p.m. FREE
Facilitator: Mary Jean Knowles

Coping with Life

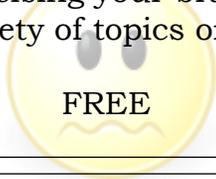
Are you overwhelmed by day-to-day activities? You are not alone. Share your concerns with others in a comfortable, supportive and informal setting. This group is ongoing; join any time. For information or to reserve your space, call (707) 469-6620.

F Ongoing 9:30-10:30 a.m. FREE
Facilitators: Paula LeDoux and Patricia Dawes

Discussion Group

Embrace the keys to a long life by exercising your brain, exchanging ideas and meeting new people. Participants discuss a variety of topics on current events. The group meets on the second and fourth Fridays only.

F 8/5-11/18 9:30-11:30 a.m. FREE



Foxtrot, Waltz, Swing, Cha-Cha, Tango, and Salsa Dance Lessons

Learn movements that blend into all dances and easy dance instructions that quickly have you on the dance floor. Enjoy free dance lessons with an instructor who has over thirty years of dance experience. Meets every Wednesday. Drop in and join the fun!

W Ongoing 6:30-8:30 p.m. FREE

Instructor: Richard Read

Grief Support Group

This six week support group helps direct you towards positive adjustments, helps you work through feelings, thoughts, and memories associated with the loss of a loved one. To register, call Rhea McCormack from Sutter Care at Home at (925) 363-4126.

W 11/2-12/7 9:30-10:30 p.m. FREE

Instructor: Rhea McCormack



Board Games

Game on! If you enjoy board games, please join the fun and gain a life long friends while playing a board game, such as scrabble, Chinese checkers, aggravation, rummy cube and more! Other games are welcome. Class meets the first Wednesday of every month.

W Ongoing 1:00-4:00 p.m. FREE

Facilitator: Marie Brown

H.I.C.A.P. Health Insurance Counseling

This program assists individuals and families with Medicare problems and other health insurance concerns. For an appointment or questions, call (800) 434-0222. Service provided on Monday by appointment only.

M Ongoing 9:30-11:00 a.m. FREE

Legal Consultation

This service is available to individuals who may not otherwise be able to afford legal counseling. For an appointment, call (707) 469-6660. Service is available on the first Tuesday of each month.

T 10/4 9:00-11:30 a.m. FREE

T 11/1 9:00-11:30 a.m. FREE

Facilitator: Yvonne Thrasher

Legal Consultation

This service is available to individuals who may not otherwise be able to afford legal counseling. For an appointment, call (707) 469-6660. Service is available on the first Tuesday of each month.

T 10/4 9:00-11:30 a.m. FREE

T 11/1 9:00-11:30 a.m. FREE

Facilitator: Yvonne Thrasher

Notary Service

We do not provide documents nor can we help you choose, prepare or fill out any document. To expedite the signing, client needs:

1. Completed documents. Incomplete or blank documents are not accepted.
 2. An acceptable form of ID which is current and has been issued within the last 5 years.
- For an appointment, call 469-6660. One signature is free. Open to the public. Walk-ins are welcome.

F 9/2-11/18 9:00-10:00 a.m. FREE

Service provided by Kimberly Bell.

Presentations

Diabetes Workshop

Do you or someone you love have diabetes? This six week workshop encourages participants to make small lifestyle changes regarding diet, exercise and the importance of taking your medications. In addition, learn other ways to help manage and prevent complications. Snacks are provided. To reserve your spot, call 415-290-3499.

TH 9/8-10/13 9:00-11:00 a.m. FREE

Instructor: JoAnn Bell

Matter of Balance

Are you concerned about falling? This class is designed to help you manage your concerns about falls, reduce the fear of falling, and make changes to reduce fall risks at home. Participants set goals to increase activity levels. In addition, light exercise is performed to improve flexibility, strength, and balance. Participants are ambulatory (ASSISTIVE DEVICES OK). Open to the public! Reserve your spot by calling Kaiser Permanente at 707-624-2225.

M,TH 10/24-11/17 9:30-11:30 a.m. FREE

Presenter: Maggie Johnston

Stay Balanced

This injury prevention class reviews an illustrated pamphlet with an overview of a series of eight exercises and demonstrates how individuals can remain strong, flexible and balanced in order to prevent falls. Join us the third Wednesday of every month. To reserve your spot, call (707) 646-4006.

W 9/21-11/16 9:30-10:30 a.m. FREE

Presenter: Ashley Barrios & Annette Vance

Stepping On Evidence Based Program

This class is considered one of the most effective ways to prevent falls. Giving people the confidence to maintain independence, undertake their everyday activities safely and without the risk of falling. Light lunch/snack provided. To reserve your spot, call Margueriette at (707) 646-4006 or email her at Margueriette.walker@NorthBay.org.

F 9/16-10/28 1:00-3:00 p.m. FREE

Presenter: Margueriette Walker

Life Stories Writing Group

Here's 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.

TH 6/9-8/25 2:00-4:00 p.m. FREE

Support Group-Alzheimer's/Dementia

Caring for a loved one with Alzheimer's, dementia, or another related disorder can be challenging. Learn more about this disease, including the symptoms of early, middle or late onset Alzheimer's. Caregivers are encouraged to share feelings, give and receive support and learn effective ways for coping with the responsibilities of caring for someone with memory issues. To register, call Annette Vance at (925) 286-0133.

W 10/26 9:30-10:30 a.m. and 6:00-7:00 p.m. FREE
 W 11/23 9:30-10:30 a.m. and 6:00-7:00 p.m. FREE

Taking Off Pounds Sensibly (TOPS)

We offer a healthy, caring approach to the extra pounds you may be struggling with. Group meets every Thursday of each month.

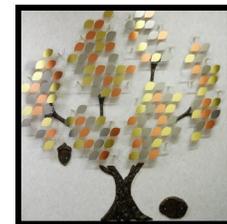
TH 10/6-10/27 6:00-8:00 p.m. FREE
 TH 11/3-11/17 6:00-8:00 p.m. FREE

McBride Senior Center

Friendship Tree

Celebrate or remember a loved one by purchasing a leaf and having his or her name inscribed. The person will be honored and notified of your contribution. The funds collected for the ***Friendship Tree*** are used to enhance the overall program, through the funding of scholarships, special events, activities, and equipment. Please see a list of prices below.

Price	Item	Number of Lines to Engrave
\$55	satin bronze leaf	up to 3 lines
\$65	satin silver leaf	up to 3 lines
\$75	satin gold leaf	up to 3 lines
\$150	acorn w/ brass plate	up to 6 lines
\$250	stone w/brass plate	up to 6 lines



For more information or questions, please call (707) 469-6673 or (707) 469-6660.

**McBride Senior Center
91 Town Square Place
Vacaville, CA 95688**

Located in historic downtown Vacaville; this is an ideal location for birthday parties, receptions, company trainings or meetings. The building is adjacent to the beautiful Ulatis Creek Walk.

Able to accommodate 200 people. Amenities include: Sound system, ice machine, stage, covered drive and entry with disabled access, professional stove top, conventional oven, commercial refrigerator, multiple prep and work spaces.

Rental includes tables, chairs, and set-up. Space available Monday through Sunday.

For additional information, call (707) 469-4204 or (707) 469-4002.

City of Vacaville

2016 Holiday Schedule

HOLIDAY	DAY	DATE
Veteran's Day	Fri.	Nov. 11
Thanksgiving Day	Thurs.	Nov. 24
Day After Thanksgiving	Fri.	Nov. 25
Christmas Eve	Sat.	Dec. 24
Christmas Day	Sun.	Dec. 25
New Year's Eve	Sat.	Dec. 31

Ongoing Activities and Services at the McBride Senior Center

ARTS AND CRAFTS: Every Wednesday, 1:00-3:00 p.m. Meet to share projects and socialize. facilitated by senior volunteers. Open to seniors; walk-ins welcome. Class is 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 Tuesdays at 12:30 p.m. Open to seniors; drop in for FREE. Bring your own supplies and projects.

BRIDGE GROUPS: Meets daily from 12:30-4:00 p.m.

QUILTING BEE: Meets first and third Thursdays from 9:00 a.m.-noon. Open to seniors; walk-ins welcome. Class is FREE. Supplies are extra.

KNIT AND CROCHET: Meets on Wednesdays from 9:30-11:30 a.m. Drop-ins welcome; there's no instructor or charge.

FREE CELL PHONES FOR SENIORS: These phones have been donated to our seniors for emergency use. They do not provide regular phone service. For information, call 469-6660.

WIDOWED PERSON'S ASSOCIATION OF CALIFORNIA, INC. 448-7125: This group meets the third Wednesday of each month at 2:00 p.m. at the McBride Senior Center. Open to the public.

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

HOME DELIVERED MEALS and LUNCH PROGRAM: Nutritious mid-day meals delivered to your home. Served by Meals On Wheels Monday through Friday at 11:30 a.m. at the McBride Senior Center. For information, reservations, and menus call 426-3079. Donations accepted.

LOST AND FOUND: Located at our front desk.

PUBLIC TRANSPORTATION PASSES: Our front desk sells: City Coach bus passes for seniors (65+) and disabled at a reduced rate. We also have Special Services bus passes. Passes available at normal rates for adults and students. Hours are Monday through Friday 8:30 a.m.-5:00 p.m.

FAITH IN ACTION: Provides phone calls, home visits, transportation assistance and other services to homebound elderly through the "Ride with Pride" program. Please call 469-6675 to learn how to register.

SENIOR CLUB: Office hours are Tuesday through Friday from 9:30-11:30 a.m.



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

The McBride Senior 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 469-6660 or 469-6673.

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_____

El Centro McBride ofrece becas para esas personas con dificultades financieras, la oportunidad de participar en programas que ofrecemos. En seguida están los procedimientos y guías para aplicar para una beca:

GUIAS PARA BECAS:

- Becas están disponibles para individuos mayores de 50 años. Las becas pueden ser para actividades, excluyendo viajes, eventos especiales, materiales y costo.
- Para ser elegible usted tiene que ser un residente de bajos ingresos, viviendo en Vacaville y que este recibiendo uno de los siguientes programas: SSI, State Disability, Lifeline, Ayuda General, Estampillas de Comida, Sección 8, o compensación del desempleo. Verificación es requerida.
- Las becas son otorgadas solo si hay fondos disponibles y/o si hay espacio en la actividad deseada.
- Las becas reducen el costo de la actividad por 50%. Si su situación financiera no le permite pagar 50% del costo, por favor indique lo que usted puede pagar.
- Los participantes están limitados a un máximo de \$150.00 por año, dependiendo de la Disponibilidad de espacio o fondos.
- Cuando se les notifica que han sido aprobados los aplicantes están requeridos a venir a la oficina McBride en el 91 Town Square Place, para llenar la registracion y pagar su porcion del costo de la actividad. Si esa actividad esta llena, el aplicante puede esperar a que se habrá la próxima sesión.
- No asista a alguna actividad a menos que ha sido aprobada, notificado, y se haya registrado.
- No continúe su participación en las actividades después de que se venza la autorización que se les brindo. Puede pedir una beca cada año.

PROCESO DE BECAS:

- Pedir una aplicación para la beca. La aplicación puede ser obtenida en la oficina McBride o llamando al 469-6660 or 469-6673.
 - Revise el proceso de becas y reglas antes de completar la aplicación.
 - Complete la aplicación para la beca en su totalidad. Toda la información debe ser completada o la aplicación no será procesada.
 - Entregue la aplicación completa, por lo menos un mes antes de que empiece la actividad. Entregue su aplicación en la oficina del McBride Center o mandela por correo a : McBride Center Scholarship Program, 91 Town Square Place, Vacaville, CA 95688.
 - Usted será notificado en una semana sobre el status de su aplicación.
 - Cuando la beca sea aprobada, venga a la oficina Mc Bride y complete la registracion para la próxima actividad disponible.
- Si tiene alguna pregunta por favor llame al or 469-6673.**

McBride Senior Center Scholarship Grant Program

City of Vacaville, Community Services Department-Policies and Procedures

The McBride Senior Center offers scholarship grants to provide those with financial hardships the opportunity to participate in the programs we offer. Following are the procedures and policies to apply for a scholarship:

GRANT PROCEDURES:

- Request a scholarship grant application. The application can be obtained at the McBride front office or by calling 469-6673.
- Review the Scholarship Grant Procedures and Policies before completing the application.
- Complete the grant application thoroughly. All information must be completed or the application will not be processed.
- Turn in the completed application, at least one month prior to the start of the class/program, at the McBride front office or mail to Vacaville Friends of Seniors Scholarship Program, 91 Town Square Place, Vacaville, CA 95688.
- You will be notified within one week of the status of your application.
- When the scholarship grant is approved, come to the McBride front office and complete a registration form for the next available class/program.

GRANT POLICIES:

- Scholarships are available for individuals 50 years and older, up to a maximum of \$200 per year, per person. Scholarships can be used for 50+ classes/programs, excluding trips, special events, materials and fees.
- To be eligible you must be a resident of Vacaville with an annual income below \$20,000 for an individual or \$26,000 for a couple.
- Scholarships are awarded only if funds and/or space in the class are available.
- Scholarship grants may reduce the class/program fee by 50%. If your financial situation does not allow you to pay at least 50% of the fees, please indicate how much you are able to pay.
- Participants are limited to no more than (3) consecutive sessions, depending on availability, within one calendar year.
- Upon notification of approval, applicants are required to come into the McBride Office at 91 Town Square Place, to fill out a registration form and pay their portion of the approved fees. If the session originally requested in the scholarship application is full, applicant may register in the next available session.
- Do not attend class unless approved, notified and registered.
- Do not continue participation in classes after the approved duration has been utilized.

Scholarship grant requests may be submitted each calendar year. If you have any questions or concerns, please call 469-6673

Offered by Vacaville Senior Travel Club
business day cancellation required for refund

Red Hawk Casino

THURSDAY, OCTOBER 13 or 20, 2016

**4 Hour Turnaround Casino Bonus: \$10.00 Slot Play
(Plus Senior Day Bonus \$5 slot play & \$5 food after 100 points)**

Bus Departures

8:30am Three Oaks 8:40am Autumn Leaves

8:50am Diamond Grove 9:00am Leisure Town

11:00am arrival at Apple Hill for Lunch in the Pie House dining room where you will be served 1/4 of a Bar-B-Q chicken, macaroni salad, dinner roll with honey & butter, apple juice, coffee or hot tea and a slice of hot apple pie with ice cream for dessert. **Everyone will get an apple fritter to take home** 1:00pm to 5:00pm Gaming at Red Hawk Casino \$48.00 per person

Return Home Approx. 6:00pm

Seven business day cancellation required for refund

Sales of trip begin Tuesday September 16th, 2016

Senior Club Office Hours Tues Thru Fri 9:30 -11:30

For more information call 469-6669

