



McBride Megaphone

You are cordially invited to an

Afternoon Tea

Saturday,
March 31

12-2pm

McBride Center
91 Town Square Place

\$8 ages 2-12; \$12 ages 13/up
Course barcode: 75062



**Call 469-6660 to reserve your space or
Register Online Now!**

www.cityofvacaville.com

Call 469-6673 for more information!

Come celebrate with us!

- This is an ideal event for mothers, daughters, grandmothers & friends.
- Listen to some soothing music, share old memories, eat delicious snacks and win great prizes!
- There will even be a fashion show by Vacaville Premium Outlet Merchants.

New Computer Classes 50+McBride Computer Lab

Computer Basics

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!

81606 M 3/5-3/26 9:30-10:30am \$21

Instructor: Robert Sessoms

Advanced Computer Class

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

81613 M 3/5-3/26 11:00am-12:00pm \$21

Instructor: Robert Sessoms

Writing a Winning Résumé

18+ McBride Center

- Learn how to write a hard-hitting resume that meets your specific job hunting needs and will get you an interview.
- Everything is discussed including the different types of resumes, the importance of key words and phrases, research and resources, and cover letters.
- Bring a current resume if you have one.

80302 T 3/16-3/23 6:00-9:00pm \$36/two-day session

80303 T 4/10-4/17 6:00-9:00pm \$36/two-day session

Instructor: Sheila Keller

Yoga for Beginners

18+ McBride Center

Discover the healthy benefits of yoga. An excellent form of exercise to strengthen the body, increase muscle flexibility, de-stress, detoxify, and release tension to refresh mind and body. The class is designed to teach participants the poses, breathing techniques, and alignment of the body.

80279 S 3/3-3/31 9:45-11:15am \$56/5 classes

80280 S 4/7-4/28 9:45-11:15am \$49/4 classes

Instructor: Rita Sommer, Certified Yoga Instructor

Sewing for Beginners-Level 1 & 2

12+ McBride Center

This combination skill level class is available to those of you who want to continue growing in your sewing skills. Sew projects with maximum impact and minimal cost. Learn the basics of your machine, how to use a pattern, and to pick fabrics. Work at your own speed and learn the fun of sewing.

80321 Th 3/22-4/12 6:00-9:00pm

\$65/four-class session

Instructor: Elaine Busch



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Landscape Design - DIY

18+ Three Oaks Community Center

Learn the basic steps to landscape design, including types of landscapes, appropriate plant selections, patios and patio covers, lighting, and many specialty features. Participants walk away with a design suitable to estimate costs and a guide for those who want to do their own installation.

80315 Th 3/1 - 3/8 6:00pm-8:00pm \$59/two-day session

80316 Th 4/5 - 4/12 6:00pm-8:00pm \$59/two-day session

Instructor: Marvin Braa, Professional Landscaper

Landscape Installation-DIY

18+ Three Oaks Community Center

Tackle the basic landscaping installation of your yard or walk away better prepared to deal with a contractor. Learn about proper ground preparation, drainage, irrigation, plants, trees, patios, walkways, lighting, and structures. Participants should come prepared with a design plan.

80318 Th 3/22 - 3/29 6:00-8:00pm \$59/two-day session

80319 Sa 4/21 - 4/28 10:00am-12:00pm \$59/two-day session

Instructor: Marvin Braa, Professional Landscaper

NEW! Computer Classes

**Space and Computers are limited so sign up now!*

\$5 discount if you bring your own laptop.

Basic Microsoft Office

18+

McBride Computer Lab

Learn the basic functions of Microsoft Office Suite program - Word, Excel, PowerPoint, Outlook, and Access. Discover how these powerful professional tools work with each other to manage emails, produce eye-catching presentations, and create professional documents and spreadsheets.

81217 M/Tu 3/19-3/20 6:00-8:00pm \$35/two-day session

Instructor: Raymond Beckham

Microsoft Word – Beginner to Pro

18+

McBride Computer Lab

Create visually compelling documents with font effects, formatting, tables, and more while learning the comprehensive functions of Microsoft Word. Also learn how to create professional and impacting documents with this program.

81218 M/Tu 4/2-4/3 6:00-8:00pm \$35/two-day session

Instructor: Raymond Beckham

Microsoft Excel – Beginner to Pro

18+

McBride Computer Lab

This professional tool will help you track and calculate financial reports, personal expenses, and create effective spreadsheets, tables, and graphs. Tracking, managing, and analyzing data will become effortless after you learn Microsoft Excel.

81219 M/Tu 4/16-4/17 6:00-8:00pm \$35/two-day session

Instructor: Raymond Beckham

New! Outlook—Beginner to Pro

18+

McBride Computer Lab

Communicating with friends, family, and business contacts gets easier when you learn Microsoft Outlook. Learn how to sync multiple e-mail servers, such as Gmail and Hotmail; keep your contacts in one easy place and organize them in groups; and create a calendar that you can access on your PC or remotely.

81220 M/Tu 5/7-5/8 6:00-8:00pm \$35/ two-day session

Instructor: Raymond Beckham

NEW! Cardio Pilates

18+

McBride

Participants will progressively practice Pilates exercises which strengthen core muscles, increase balance and flexibility. Cardio, breathing, concentration, body alignment, and stretching are emphasized.

80880 Th. 3/1-3/29 6:00-7:00pm \$56/5-week session
80883 Sat. 3/3-3/31 8:30-9:30am \$56/5-week session

Instructor: Rita Sommer, Certified Pilates Instructor

NEW! Traditional Chinese Martial Arts

18+

McBride

Learn traditional Chinese martial arts with basic footwork, stances, strikes, kicks and blocks. Increase endurance and strength while learning basic applications for self-defense in a safe and controlled environment. Participants are introduced to new material as they progress with a martial arts master with 25 years of teaching experience.

81509 T/Th 3/1-3/29 7:00-8:30pm
81510 T/Th 4/3-4/26 7:00-8:30pm

\$69/9-class session; \$46/6-class session

No Classes: 4/10, 4/12

Instructor: Tim McKitrick



NEW!

Creative Sewing of Personal Projects

13+

Ulatis

Carve out some time to create anything you want; a garment you would like, a simple home decorating project, or any unfinished objects (UFO's) that need some assistance to complete. With a sewing consultant to guide you, create something that seemed too difficult to do on your own. Bring your machine and project and we will work together.

80321 Th 3/22-4/12 1:00-4:00pm \$65/4-class session

Instructor: Elaine Busch

Gōng Xǐ Fā Cái. Xīn Nián Kuài Lè.

Thank you for your support of the Vacaville Senior Center. We truly appreciate your donation for our Chinese New Year Event which was a HUGE SUCCESS! We know that you have many choices where you can give, yet you chose to give to our senior community. Thank You, Thank You, Thank You!

China House, County Square Market, Imperial China Kitchen, Yin McDonald's, Shanghai Express, Stir Fry, Tin Tin Restaurant Tammy and Vacaville Elks Lodge 2638, Ladies of the Elks Commissioners Peggy Willson and Maria Kennedy, TOPS Members, Judy Meacham, Peggy Burns, Aileen Contreras Barbara Elfers, Bev Leary, Ingrid Forrester, Linda Pantazis, Lydia Campbell, May Duncan, Marge Jones, Tami Sullivan, Terri Martin, Rachel Gordon, Sandy Fulton,



NEW!

Essential Oils – Essential for Your Health

18+

McBride

Discover the history and benefits behind essential oils usage in everyday life. This two-part course teaches the basics of essential oils; how these oils can be used for first aid and in conjunction with the immune system; and the power of essential oils in reducing emotional stress. There is a \$6 discount when registering for Part 1 & 2.

Part 1 – History of Essential Oils: Delve into the use of essential oils, what they are, how and why they work. Learn how essential oils can be used as an alternative to medications and vaccines, and how they are a perfect adjunct to boost your immune system.

81526 Sa 3/10 10:00-11:30am \$26/one-class session
\$46/Part 1 & 2

81591 Th 4/12 6:30-8:00pm \$26/one-class session
\$46/Part 1 & 2

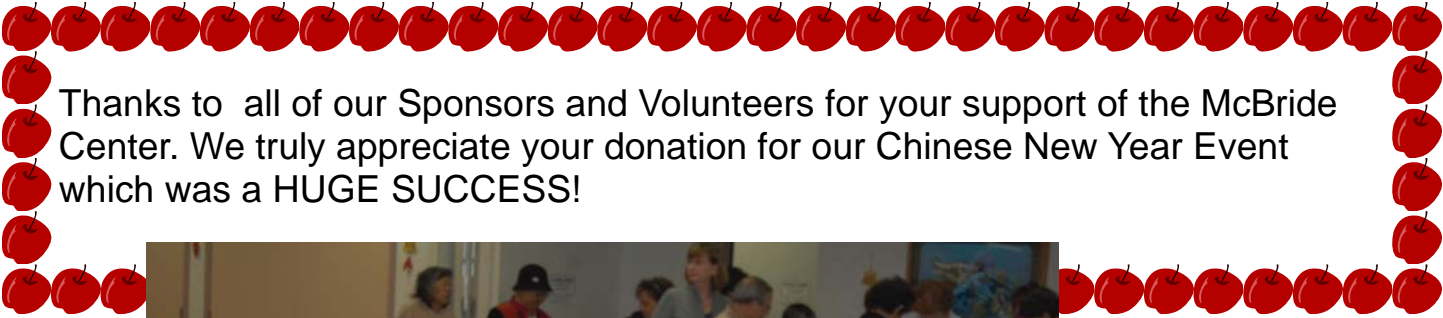
Part 2 – Essential Oils & Emotional Stress Reduction: We all have to some degree unresolved trauma and emotional stress. There are effective techniques to handling life's stressors and emotions. Common prescription antidepressants can miss the underlying causal factors leading to emotional imbalances. Discover the power of essential oils in releasing stored or current emotions.

81527 Sa 3/17 10:00-11:30am \$26/one-class session or
\$46/Part 1 & 2

81592 Th 4/19 6:30-8:00pm \$26/one-class session
\$46/Part 1 & 2

Instructor: Christine Andrew





Thanks to all of our Sponsors and Volunteers for your support of the McBride Center. We truly appreciate your donation for our Chinese New Year Event which was a HUGE SUCCESS!



All About Dogs

18+

McBride

Discover what makes this popular companion tick. The course covers the development and behaviors of the dog, why breeds were developed, and how to understand canine communication. Basic health, breeding, spaying/neutering, canine overpopulation, animal shelters and rescue groups, and obedience/performance activities are also discussed. There will be a one-hour lunch break.

80209 Sat. 3/3 9:00am-4:00pm \$46

Instructor: Susan Sakala



◆◆◆ Dog Obedience – Beginner on Lead ◆◆◆

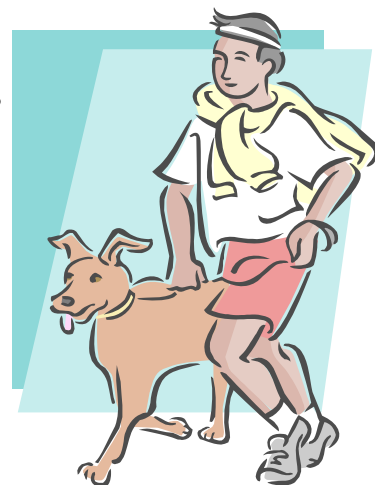
12+ City Hall Park

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 vaccinations are recommended.

80209 M 4/30-6/25 6:30-7:30pm \$61

Instructor: Susan Sakala



Tai Chi—Chair

50+ McBride Center

Learn ROM (Range of Motion) warm up exercises and the benefits building upper extremities. The benefits of this exercise will calm the mind body and spirit, and promote proper breathing techniques. Tai Chi can also help with arthritis, diabetes, cancer, and cardiac problems. Instructor has over 25 years of teaching experience.

81394 M 3/5-3/26 10:30-11:30am \$24

81216 M 4/2-4/30 10:30-11:30am \$24

Instructor: Tim McKitrick

Tai Chi, Kung Fu & Chi Kung

18+ Three Oaks Center

Participants practicing these exercises will preserve their health, prevent diseases and learn self-defense. Tai Chi is a balanced exercise system that helps you achieve optimum health by integrating your mind, body, and spirit. These exercises energize rather than cause fatigue. Feel mentally alert and learn how to control your breathing for maximum health effects such as improved circulation, balance, and the strengthening of muscles.

80629 M/Th 3/1-3/29 7:00-8:00pm \$69/9 classes; \$45/4 classes

80630 M/Th 4/2-4/30 7:00-8:00pm \$69/9 classes; \$45/4 classes

Instructor: William Yeung, No class:2/20

Pilates Fitness - Primetimers

50+ McBride Center

Progressively practice Pilates and strengthen core muscles, Increase balance and flexibility while cardio, breathing, concentration, body alignment, and stretching will be emphasized.

81594 F 3/2-3/30 9:30-10:30am \$20 Drop-in fee: \$7 per class

81595 F 4/6-4/27 9:30-10:30am \$20

Instructor: Rita Sommer, Certified Yoga Instructor

Sculpting & Toning

50+ McBride Center

Engage in weight training, joint-free stretching and toning, and variety of other exercises that effectively and safely increases range of motion and posture alignment, and core training.

80583 T 3/6-3/27 10:30-11:30am \$21

80578 T 3/3-4/24 10:30-11:00am \$26

Instructor: Rita Sommer, Certified Group Fitness Instructor

Hatha Yoga - Primetimers

50+ McBride Center

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.

| | | | | |
|-------|---|----------|---------------|------|
| 80359 | M | 3/5-3/26 | 9:30- 11:00am | \$21 |
| 80361 | M | 4/2-4/30 | 9:30- 11:00am | \$21 |

Instructor: Judy Jordan

Flow Yoga - Intermediate

Age 18+ McBride Center

This class is for individuals with at least six months of yoga practice or permission from the instructor. It continues one's yoga practice to the next level. Advanced poses will be introduced for strength, balance, and flexibility.

| | | | | |
|-------|----|----------|-------------|-------------|
| 80151 | Tu | 3/6-3/27 | 7:00-8:30pm | \$49/ 4 wks |
| 80152 | Tu | 4/3-4/24 | 7:00-8:30pm | \$49/ 4 wks |

Instructor: Rita Sommer, Certified Yoga Teacher

Health & Fitness Class

50+ McBride Center

This is a beginning level course that provides weight training, joint-free stretching, toning and band resistance exercises that effectively and safely increase range of motion and posture alignment.

| | | | | |
|-------|---|----------|--------------|------|
| 80367 | T | 3/6-3-27 | 9:30-10:15am | \$21 |
| 80365 | T | 4/3-4/24 | 9:30-10:15am | \$21 |

Instructor: Rita Sommer, Certified Group Fitness Instructor

Yoga Therapy

50+ McBride Center

This 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.

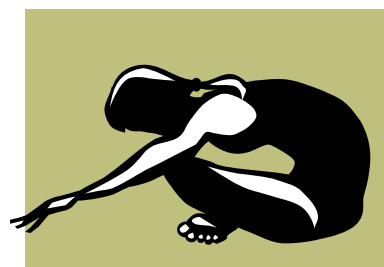
Level 1

| | | | | |
|-------|---|----------|--------------|------|
| 80587 | M | 3/5-3/26 | 9:30-10:45am | Free |
|-------|---|----------|--------------|------|

Level 2

| | | | | |
|-------|---|----------|--------------|------|
| 80591 | W | 3/7-3/28 | 9:30-10:45am | \$21 |
|-------|---|----------|--------------|------|

Instructor: Rita Sommer, Certified Yoga Instructor



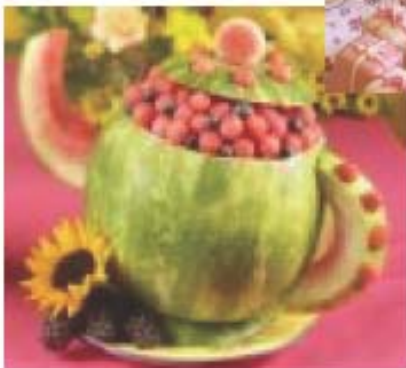


Offered by
VACAVILLE
Community Services
Department

"We Create Community
Through People, Parks
and Programs"

You are cordially invited to an

Afternoon Tea



Yummy Tea and Snacks!

Saturday March 31

12-2pm

McBride Center
91 Town Square Place

\$8 ages 2-12

\$12 ages 13/up

Course barcode: 75062

Prizes and Entertainment!

Come celebrate with us!

- This is an ideal event for mothers, daughters, grandmothers & friends.
- Listen to some soothing music, share old memories, eat delicious snacks and win great prizes!
- There will even be a fashion show by Vacaville Premium Outlet Merchants.

REGISTRATION SITES:

On-line @ cityofvacaville.com

McBride Center, 81 Town Square Place
M-F 8:30am-12:00pm, (707) 489-8888

Three Oaks Community Center, 1100 Alamo Drive
M-F 8:00am-5:00pm, (707) 488-4020

Uladis Community Center, 1000 Uladis Drive
M-Th 8:00am-7:00pm, F 8:00am-5:00pm

Call 469-6660 to reserve your space or
Register Online Now!

www.cityofvacaville.com

Call 469-6673 for more information!

The City of Vacaville is committed to providing accessible facilities that are accessible to persons with disabilities. To request accessible materials or accommodations, or to request a sign language interpreter, real-time captioning, or other accommodations, call 707-449-3409 (or 707-449-3100 TTY) at least four days prior to the meeting. Assistive listening devices may be obtained at the meeting or by calling the 800-800-2000.

**SAIL AWAY WITH McBRIDE
TRIPS AND TOURS
Open to the Public**

**Free
Trips & Tours
Presentation**



Why wait?

Start creating lasting memories today!

No membership required. All trips are open to the public and include round-trip transportation to the airport, airfare, tour guides, and much more.

Deposits are encouraged.

For information on any of the trips below or our unpublished trips to Africa, Cruising the Yangtze River and Australia, call 469-6673. Pick up a McBride Megaphone newsletter for new trip destination announcements.

Open to the Public



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 accommodations, call 707-445-3439 (or 707-445-3102-TTY) at least four days prior to the meeting. Assisted listening devices may be obtained at the meeting or by calling the numbers above.



Sat., Mar. 17

Wed., Apr. 25

10:30-Noon

Adults 18/up

McBride Center

91 Town Square Place

No Charge

469-6673 for information

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

Painting with Watercolors

50+ McBride Center

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.

80571 Tu 3/6-3/27 10:00am-12:30pm \$53

Instructor: Sandy Imperatori

Painting with Acrylics

50+ McBride Center

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.

80570 W 3/7-3/28 10:00am-1:00pm \$48

Instructor: Parvin Ghoddosi

Great Decisions

50+ McBride Center

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.

9:30-11:30am

This group meets on the second and fourth Friday of each month.

Facilitator: Mary Ellen Correia

Sit & Get Fit!

50+ McBride

Free, Low-Impact, Senior Exercises, 3 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.

M, W, F 10:30-11:05am Cost: Free of charge

Instructor: Joanie Colburn



Offered by
VACAVILLE
Community Services
Department

"We Create Community
Through People, Parks
and Programs"

If you enjoyed
our Chinese
New Year
Celebration,
you are
going to have
just as
much fun and
camaraderie
at our
Cinco de Mayo
Party!



Mark your calendar to celebrate



Friday, May 4th
12:00-1:30pm

Join in the celebration at the
McBride Center,
91 Town Square Place,
with our selection of
Cinco de Mayo crafts,
delicious Mexican dishes,
music and visit with friends.

Call **469-6660** to reserve your space.

**Deadline to sign-up is
Friday, April 27.**

Ages: 50+

Cost: \$6 per person

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

Age 50+ McBride Center

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.

W Ongoing class 6:30-8:30pm
Instructors: Richard Read
Cost: No Charge

Sign Language Beginner

Age 12+ McBride Center

In this six-week course, you will learn the alphabet and basic signs within American Sign Language. Lessons will focus on sign recognition.

81148 T 3/6-4/10 6:45-8:00pm \$58

Conversational

Do you already know some sign language? Put it to good use in our new conversational class. Students will engage in conversation, using signs they already know and learning more along the way. Some experience is necessary.

81149 T 5/1-6/5 6:30-7:45pm \$58

Instructor: David Rodgers

Coping with Aging

50+ McBride Center

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

For information or to reserve your space, call 469-6620.

This group is ongoing, join at anytime, walk-in.

Fridays Ongoing 9:30-10:30am Free

Facilitators: Paula LeDoux, LMFT & Patricia Dawes, M.S.



Western Line Dance Primetimers

50+ McBride Center

New Comer: Have fun and exercise your mind and body while making new friends on the dance floor. This fun, basic class gives you confidence and gets you moving at a slow pace to learn line dancing steps.

80649 Th 3/1-3/29 1:00-2:00pm \$24

80650 Th 4/5-4/26 1:00-2:00pm \$19

Intermediate: Do you already know how to line dance and want to increase your enjoyment, knowledge, and confidence? Come learn some new dances and review dances you may have forgotten. Classes may include high-energy movement and dances to keep you in shape!

80652 Th 3/1-29 2:00-3:30pm \$30

80653 Th 4/5-4/26 2:00-3:30pm \$24

Instructor: Eve Holmes



Western Line Dance

18+ McBride Center

Have fun, build confidence, and exercise your mind and body while making new friends on the dance floor.

New Comers will start out at a lower level and intermediates will experience high energy. This class will teach you new line dances and review some of the old line dances that you may already know. Class will start off with a great warm-up beginner line dance for any level.

80791 T 3/6-3/27 6:00-7:00pm \$37

Intermediate will follow with a higher level of dance. Some round dances will also be taught. No partner needed. Come join the fun!

80792 T 3/6-3/27 7:00-8:30pm \$37

Instructor: Eve Holmes

CPR Basics

11+ McBride Center

Acquire the skills to save a life! Learn how to recognize and respond to cardiac breathing and choking emergencies with adults, children and infants. Course includes how to use an Automated External Defibrillator (AED) for victims of sudden cardiac arrest. Participants receive a two-year certification card.

80033 Tu 3/6 6:00-9:00pm \$49/
\$5 materials fee

80032 Tu 3/20 6:00-9:00pm \$49/
\$5 materials fee

Instructor: Pam Higgins



Healthcare Provider CPR

Keep your medical skills up-to-date. This American Heart Association course reviews materials and methods, provides AED training, and instructions on how to use the bag-mask.

Pre-requisite: Current CPR Healthcare Provider Card

80091 Th 3/29 6:00-8:30pm \$44/\$15 materials fee

80092 Th 4/26 6:00-8:30pm \$44/\$15 materials fee

Instructor: Pam Higgins

Material Cost: \$15 payable to instructor at class.

18+ McBride Center

First Aid

18+ McBride Center

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.

80088 Th 3/15 6:00-9:00pm \$39/\$5 materials fee

80089 Th 4/19 6:00-9:00pm \$39/\$5 materials fee

Instructor: Pam Higgins

Material Cost: \$5 payable to instructor at 1st class

Melt & Pour Soap Making

Age 18+ McBride Center

Scent, color and mold your own soap creations. Learn the history of soap making along with the necessary tools. Also experiment with various methods for adding botanicals and other visually appealing elements. Hands-on instruction provided by an instructor with 15 years experience including ownership of a retail bath shop.

80342 Sa 3/10 10:00am-1:00pm \$40/\$15 materials fee

80343 Sa 4/21 10:00am-1:00pm \$40/\$15 materials fee

Materials Fee: \$15 payable to instructor at 1st class

Myth Makers/Word Weavers

Age 50+ McBride Center

Writing Group

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. You are welcome to join the group at any time.

M 9:30am-12:00pm

Facilitator: Deni Harding & Thurlie Fish

Life Stories Writing Group

Age 50+ McBride Center

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. You are welcome to join the group at any time.

Th Ongoing 2:00-4:00pm

Facilitator: Jim Beamer

Cost: No Charge, Walk-In

SAVE A TREE...

Visit us at www.cityofvacaville.com to register online! Would you like to receive the

Megaphone by email? Send your request to:

acalder@cityofvacaville.com

and we will email our monthly publication to you!

Online Language Classes

18+

Easy-to-use, interactive audio-visual programs you can access online 24/7.

Learn to speak and understand these foreign languages. Become comfortable with conversational skills and not just words. Learn vocabulary to use when checking into hotel, ordering at a restaurant, going out shopping, at a business meeting, plus much more.

Learn at your own pace and have six months of unlimited access to complete the course. Conversational: Dutch, Italian, Spanish-Latin America, French, German, Portuguese, Mandarin Chinese for Business & Travel

Register at: www.languageauthority.com/cityofvacaville.com

Fee: \$79

Demonstration lessons are available on the website.

Online Spanish

Increase your skills and become more employable in today's job market. These interactive, self-paced, audio-visual programs are designed for professionals to learn key phrases specific to several professions:

- Teachers• Health Care• Banking• Real Estate• EMS and Fire• Law Enforcement
- Customer Service• 911 Dispatch• Spanish for Travelers. Any day, any time.

Learn at your own pace and have six months of unlimited access to complete the course. Register at www.MySpanishteacher.com/cityofvacaville.com Fee: \$79

Experience Works

55+ McBride Center

We may have the training and employment opportunities that could be right for you.

Call for an appointment or more information

(530) 661-2613 or (916) 281-1549.

To qualify you must be 55 or older, unemployed with low income.

Tuesday, 10:00am-12:00pm

Facilitator: Scharlene Reid & Pat DiNaso No Charge

NARFE (National Association of Retired Federal Employees)

General Membership meeting

2nd Wednesday 2:00-4:00pm
McBride Center

Executive Meeting

1st Wednesday 2:00pm
McBride Center

Quilting Bee

Ages 50+ McBride Center
The Vaca Valley Quilters meet at the McBride Center on the 1st & 3rd Thursdays
Time: 9:00am-noon.
Open to seniors, walk-in, FREE Supplies extra

Information & Referral Service

Let us guide you through the maze of resources in Solano, Napa, Marin and San Francisco counties.
For information, call 469-6666.
18/up M-F 1:00-4:00pm
McBride Center

Knit & Crochet Workshop

Wednesdays
9:30-11:30am
No Charge (drop-in, no instructor)

Make your Reservations today! TRIPS & TOURS PRESENTATION

Why wait? Start creating lasting memories today! No membership required. All trips are open to the public and include round-trip transportation to the airport, airfare, tour guides, and much more. Deposits are encouraged. For information on any of the trips below or our unpublished trips to Africa, Cruising the Yangtze River and Australia, call 469-6673. Pick up a McBride Megaphone newsletter for new trip

Sat., Mar. 17

Sat., Apr. 25

10:30-Noon

469-6673 for information

Blood Pressure Checks:

2nd, 3rd and 4th Wednesdays of each month
8:30-10:30am
McBride Center
Open, walk-in, free, 50+
By Sally and Lisa

Free Painting Workshop

McBride offers painters an opportunity to use our facility to meet together and work on their projects.
No registration is required, just walk-in.
Thursdays, 9:00am - 12:00pm

TABLE TENNIS IS ON!!!

We have a good group of enthusiasts meeting to play table tennis each Thursday, 2:00-5:00pm, in McBride's multi-purpose room 4.

This is a walk-in group. No registration needed, no fees to play.

We invite you to come on down and participate.



Grief Support Workshop



Sutter Care at Home

A Sutter Health Affiliate

With You. For Life.

FREE GRIEF SUPPORT GROUP

18+ McBride Center

- Taking care of yourself and accessing the support of friends and family can help a person get through difficult times.
- Gain greater understanding of the grief process, share your feelings and experiences, and learn strategies for coping with loss while having the opportunity to be mutually supported by fellow members.
- Meetings are held every Wednesday, 1:00-2:30pm, for six weeks.

5/2/12 – 6/6/12

7/25/12 – 8/29/12

10/24/12 – 11/28/12

Grief Education Workshop

3/7/12 – 10:30 AM – 12 Noon

RSVP Required, Call Rhea at (925) 363-4126

The McBride Senior Center Recipes Book!

For yourself, your family or a Holiday present!
139 recipes from seniors, staff, and community members!



Family favorites

- Gluten-free
- Diabetic
- Multi-cultural recipes

Code: 73731

for on-line information at
www.recweb.cityofvacaville.com

Please call (707)469-6660 for information.

Purchase at the McBride registration desk,
M-F, 8:30am-12:00pm. Just \$8.00 each

AARP Driver Safety Program

50+ McBride Center

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.

One day course

| Day | Time |
|-----|-------------|
| 3/5 | 9:00-1:30pm |

Instructor: Bud Kogge

Cost: \$12 (AARP Members) \$14 (Non-Members)

Two day course

| Day | Time |
|-------------|-------------|
| 3/19 & 3/26 | 9:00-1:00pm |

Bingo Schedule

50+ McBride

Tuesdays -12:30am

2nd & 4th Saturdays - 11:30am



SENIOR BOOK GROUP

50+ McBride

Do you enjoy reading books?

This group is the perfect forum to discuss what you are 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”. Participants will share topics that interest them and what they find most interesting – plot, character development, location, and so forth. This new book group is unique and interesting because there will not be just one single book that is read and discussed, but many literary genres.

Every Friday 11:00am-noon , **No Fee, call 469-6673 for information.**

Facilitator: Mary Jean Knowles



Footcare Clinic

50+ McBride

Reinvigorate your feet. This foot care clinic is designed to help you take better care of your feet, especially for diabetic patients. Sutter VNA nurse can offer you a foot exam, professional nail clipping, stimulating massage and referral to your doctor as needed.

For an appointment, call 469-6660.

Donation \$21.

Service provided on the second Friday and third Wednesday of each month.

WF 9:00am-12:00pm

Richard Reid, RN Sutter VNA

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

50+ McBride

This Health Insurance Counseling and Advocacy Program provides information and assistance for individuals on Medicare with billing problems. In addition, we will address questions and provide information on supplemental insurance, Medicare, HMO plans and Long Term Care.

For an appointment call 1-800-434-0222. Service provided on the 1st & 2nd Monday, 8:30-10:00am

No Charge

**Note: The Meals On Wheel March Site Menu was changed to reflect lunch will not be available on March 19th, 2012
For additional information, see Claudia in the Kitchen.**

New! FIVE WISHES

50+ McBride Center

Learn about available end-of-life care options. "Five Wishes" is an advanced directive form that allows you to specify exactly how you want to be treated if you have an accident or life-limiting illness and does not require the assistance of an attorney. Guessing makes an already traumatic experience more so.

It can be updated or changed at any time.

Wednesday, April 20, 10:00am-12:00pm

No Charge

TRIP SPECIAL -The Outback to the Glaciers, *20 Days * 25 Meals

Starting from \$4499 double occupancy ,
Highlights...Melbourne • Alice Springs • Ayers Rock • Cairns • Great Barrier Reef • Sydney • Sydney Opera House • Dine with a New Zealand Family • Franz Josef Glacier Region • Queenstown • Milford Sound • Mt. Cook National Park.



SAIL AWAY WITH McBRIDE TRIPS AND TOURS



Why wait? Start creating lasting memories today! No membership required. All trips are open to the public and include roundtrip transportation to the airport, airfare, tour guides, meals and much more.

Deposits are encouraged. For information on any of the trips below or our unpublished trips to Cuba, Cruising the Yangtze River, Australia, etc. or for dates, call 469-6673.

Exploring Britain & Ireland, September 14-28, 2012

Starting from \$4,699 double occupancy. Trip Includes:

Highlights....• London • Stonehenge • Bath • Cardiff • Waterford Crystal • Blarney Castle • Killarney • Ring of Kerry • Farm Visit • Dublin • Wales • Lake District • Edinburgh • York Stratford upon-Avon.

Islands of New England, September 14-21, 2012

Starting from \$ 2,319 double occupancy. Trip Includes:

• Providence • Newport • Boston • Cranberry Bog • Plymouth Rock Plymouth Plantation • Cape Cod • Lobster Feast • Martha's Vineyard • Nantucket • Hyannis Provincetown, and much more.

Spectacular South Africa, October 25-November 6, 2012 13 Days * 20 Meals *

Starting from \$4,949 double occupancy

• Highlights...Johannesburg • Soweto • Panoramic Route • Kruger National Park • Safari Game Drive • Garden Route • Knysna • Feather Bed Nature Reserve • Ostrich Farm Visit • Winery Tour • Cape Town Table Mountain.
• Mt. Cook.

MORE TRIPS

Oregon Trails, June 7-12, 2012

Featuring the Portland Rose Festival and Columbia Gorge Cruise
\$1,624 double occupancy

South Dakota, July 10-16, 2012

\$2,229 double occupancy: Highlights...1880 Steam Train • Mt. Rushmore • Crazy Horse Memorial • Cluster State Park Deadwood • Hot Springs • Badlands National. Parkelbourne • Tasmania • Sydney • Queenstown • Milford Sound • Mt. Cook • Wellington • Rotorua.

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The Complete South Pacific

Featuring the Best of Australia and New Zealand

27 Days * 38 Meals * March 12-26, 2012

Starting from \$5299 double occupancy

Highlights...Cairns • Great Barrier Reef • Ayers Rock • Alice Springs • Darwin Kakadu National Park • Melbourne • Tasmania • Sydney • Queenstown • Milford Sound • Mt. Cook • Wellington • Rotorua.

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Australia & New Zealand by Land and Sea

13-night Cruise aboard the Sea Princess

24 Days * 48 Meals Oct. 29-Nov. 12, 2012

Starting from \$5289 double occupancy

- Tour Includes: Highlights... Cairns • Great Barrier Reef • Ayers Rock • Sydney • 13 Night Princess Cruise • Bay of Islands • Auckland • Tauranga
 - Napier • Wellington • Christchurch • Dunedin • Fiordland National Park.
-

Cruising the Best of Scandinavia, July 25-August 6, 2012

13 Days * 26 Meals

Starting from \$5,389 double occupancy

•Highlights...Stockholm • Vasa Ship Museum • 7-Night Fjord Cruise • Oslo • Stavanger Alesund • Geirangerfjord • Bergen • Copenhagen • Tivoli Gardens

PLEASE CALL (707) 469-6673 FOR MORE INFORMATION

Ongoing Activities and Services at the McBride Center

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: Daily 12:30-5:00pm

POKER: This group plays Thursday & Friday from 8:30am - 4:00pm. Call 469-6666 for further information.

QUILTING BEE: 1st & 3rd Thursdays, 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

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.

This group meets the 3rd Wednesday of each month, 2:00pm at the McBride Center. Public welcome.

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

BLOOD PRESSURE CHECKS: 2nd, 3rd and 4th Wednesday of each month, 8:30am-10:30am, Open to the public, walk-in, FREE

HEARING TESTS: Call for dates and times.

HEALTH INSURANCE COUNSELING AND ADVOCACY PROGRAM (HICAP): Information and assistance with Medicare, billing, supplemental insurance, long-term care and HMOs. 1st & 2nd Monday, Call 1-800-434-0222 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: 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.

NEW HOURS-PUBLIC TRANSPORTATION PASSES: Our front 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 - 12:00pm, 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.

SENIOR CLUB TRIPS

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

ON SALE NOW, IN THE SENIOR CLUB OFFICE:

**Black Oak Casino
Tuesday April 17, 2012**

5 Hr. Turnaround

\$25.00 per person

Casino Bonus: \$10.00 slot

\$5.00 match play

\$5.00 food coupon

Bonus Subject to change, no guarantee!

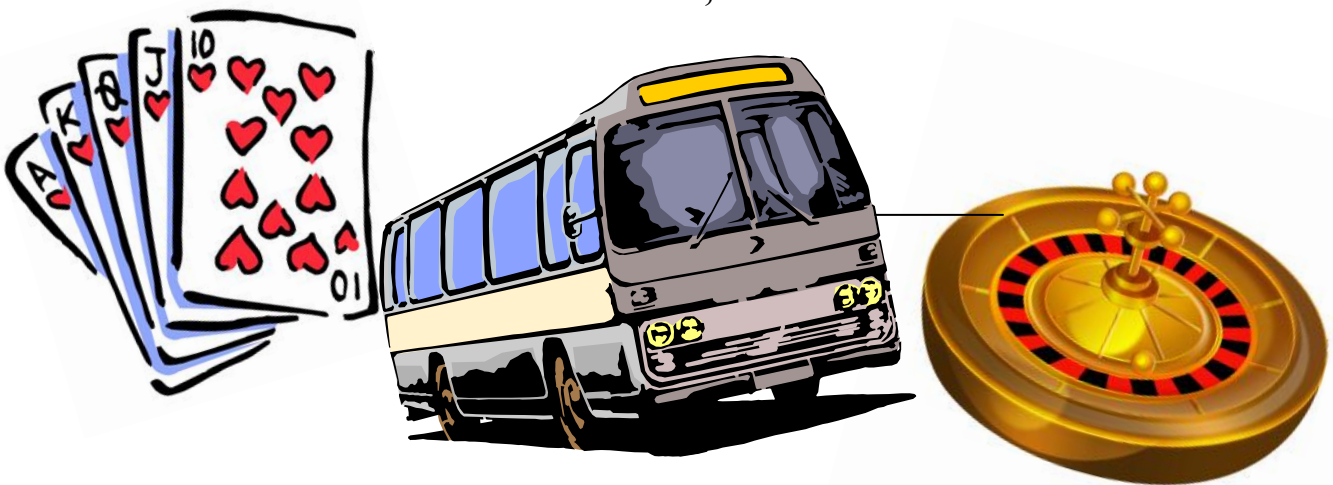
This is a 2 1/2 Hour drive, if you do not like to ride, do not buy this trip.

**COMING NEXT MONTH !!! { Not on sale now}
Colusa Casino & Dinner @ Granzella's Rest.**

**Coming in May: {Not on sale yet}
Robinson Rancheria Casino, near Clear Lake**

See You On the FUN BUS,

Gene, Bus Escort



McBride Senior Center **Friendship Tree**

The John A. McBride Senior Center is celebrating its 10 year expansion anniversary. Over the last 10 years we have achieved some major goals and milestones and we are continuing to provide quality activities, classes, services, and special events.

As we seek to maintain our momentum and build upon our successes, we look to the community for support.

The City of Vacaville and the Vacaville Community Services Department are proud to present the McBride Senior Center **Friendship Tree** Satin Bronze, Satin Silver and Satin Gold leaves with up to 3 lines of black letter engraving placed on a 3 foot by 4 foot tree with bronze antique trunk. ~Acorn and Stone accessories with up to 6 lines of engraving~

One of the finest ways to celebrate or remember a loved one is to make a gift to the McBride Senior Center Program. Your contribution will be used to enhance the Senior Program, through the funding of scholarships, special events, activities, equipment, as well as to enhance the overall future of the program.

The person, family or corporation honored will be notified of the gift and have their name inscribed on one of the leaves of the tree. Prices for the leaves and accessories are listed below:

1-3/4" by 3-1/2"

\$55 Satin Bronze Leaf – up to 3 lines
of engraving

\$65 Satin Silver Leaf – up to 3 lines of engraving

\$75 Satin Gold Leaf – up to 3 lines of engraving

3-7/8" x 4-7/8"

\$150 Acorn w/ Brass plate – up to 6 lines of engraving

7-1/4" x 4-1/2"

\$250 Stone w/Brass plate – up to 6 lines of engraving

Sales of leaves and accessories has now begun. Help us celebrate the 10 year anniversary and the unveiling of our Friendship Tree by purchasing a leaf and honoring a loved one. For more information or questions please call **707-469-6673** or **469-6660**.

**COME DOWN TO THE
CENTER & SEE OUR
BEAUTIFUL TREE!**

**Honor your friend or family
member with a permanent
place in the
McBride Center!**





MEALS ON WHEELS OF SOLANO COUNTY
95 Marina Center, Suisun City, CA 94585

SENIOR DINING MENU - MARCH 2012

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

PLEASE CALL (707) 426-3079 or 1-800-788-5114
FOR RESERVATIONS OR CANCELLATIONS

www.mealsonwheelssolano.org

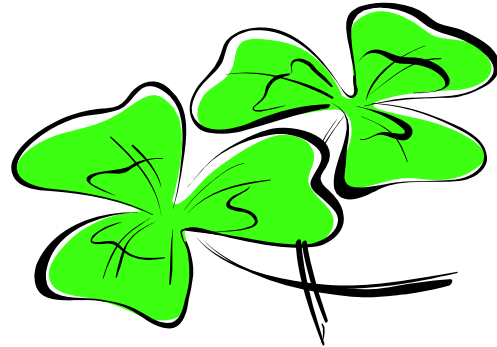
| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|---|--|
|  Meals Partially Funded Under the Older Americans Act Menu is subject to change without notice. Lowfat milk and soft margarine is provided with each meal. Bold is a high sodium entrée | | | | |
| Macaroni and Cheese 5 With Ham Green Beans Brussels Sprouts Bread Applesauce | Baked Chicken w Dressing & Gravy Mixed Vegetables Green Salad Citrus Fruit Cup | Navy Bean Soup 7 Turkey and Cheese On Wheat Bun Baked Potato Chips Cranberry Juice Chocolate Pudding | Unstuffed Peppers Steamed Rice Broccoli Green Salad Fruit | Turna Noodle Casserole 2 Stewed Tomatoes Corn Orange Juice Peach Crisp |
| Tamales Pie 12 Spanish Rice Zucchini Bread Orange | Baked Turkey Ham 13 Sweet Potatoes Mixed Vegetables Wheat Roll Apricot Nectar Butterscotch Pudding | Milnestrone Soup 14 Sloppy Joe on Bun Romaine Salad Ambrosia Fruit Cup | Happy Birthday! 15 Italian Sausage Italian Spaghetti Italian Vegetables Fruit Salad Bread Birthday Cake | Breaded Fish 16 Garlic Roasted Potatoes Italian Green Beans Coleslaw Bread Pear Crisp |
| CLOSED 19 | Sweet & Sour Chicken 20 Chow Mein Noodles Oriental Vegetables Orange | Southwest Chili 21 Broccoli Green Salad Cornbread Fruited Jello | Hot Turkey Sandwich 22 w Gravy Mashed Potatoes Peas and Carrots Caesar Salad Fruit | Baked Salmon Patty 23 Chuckwagon Corn Brussels Sprouts Roll Fruit Tapioca Pudding |
| STAFF TRAINING DAY  | | | | |
| Spaghetti 26 w Meat Sauce Italian Vegetables Bread Fruit | Chicken Dijon 27 Rice Pilaf Oregon Blend Medley Green Salad Orange | Vegetable Soup 28 Polish Sausage with Sauerkraut and Bun Baked Beans Tropical Fruit Salad Vanilla Pudding | Chili Relleno Casserole 29 Spanish Rice Romaine Salad Apple Juice Chocolate Brownie | Breaded Fish 30 Roasted Potatoes Broccoli Carrot & Raisin Salad Fruit |

No leftover food is allowed to leave the site for health and food safety reasons, except for wrapped breads, baked goods, and fresh fruit.
Please only sign up when you are sure you can make it to minimize food waste. We always appreciate your comments and feedback
anytime... just tell your site host or send us a note in the Donation Box.

VACAVILLE SENIOR CITIZENS' CLUB

MARCH 2012

Office Hours are Tuesday - Friday 9 a.m. - noon, 707 469-6669



Hello members and friends of the Vacaville Senior Citizens' Club. We are starting a new year with many things to do being members of the Club.

The February, Valentine Luncheon, was held on February 18th. It was attended by many members. They enjoyed the food, prizes and music.

The next membership meeting of the Vacaville Senior Citizens' Club will be March 12th at 12 noon. Bingo will be held on Tuesdays and some Saturdays. Please check with the Senior Club office for bingo times.

Have a fun filled St. Patricks' Day.

**Senior Club Secretary
Caroline Petch**

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**

Registration Desk Hours: **Mon.-Fri., 8:30am-12:00pm**

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.

Call our information and referral line at (707) 469-6666 to have your senior services questions answered.

Heritage Highlights, October 1, 2012

Deposits are encouraged. For information on any of our unpublished trips to Cuba, Cruising the Yangtze River, Australia, etc. or for dates, call 469-6673.

Starting from \$2,474

Includes: roundtrip transportation to the airport, airfare, tour guides, Niagara Falls City Tour., Maid of the Mist Boat Ride, Amish Family Style Dinner and Farm & House, Gettysburg Military Park, meals and much more.

"Where Art Comes to Life"

Pageant of the Masters August 20-23, 2012

Included:

Transfers & round-trip airfare, Pageant of the Masters performance

cruise to Catalina Island, Bowers & Hollywood Museum

Meals and more

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.