

SENIOR DIGEST

The following are offered at the Florence Douglas Senior Center, 333 Amador St. For information, call 643-1044 or visit www.vallejoseniorcenter.com. Anyone 50 or older may participate.

News:

- AARP 55 Alive Drive Class. Wednesday, Feb. 10, 2010. Refresher Class, one day, from 12:30 to 5 p.m. Advance registration required. Sign up at the office. The cost for this course is \$12 for AARP members and \$14 for non-members.
- Florence Douglas Senior Center. New office hours: Monday-Thursday, 8 a.m. to noon, and 12:30 to 2 p.m. Closed between noon and 12:30 p.m. for lunch. Fridays open 8 a.m. to noon.

- Memory screening by Gwen Gates, from U.C. Davis Neurology Department, in the Carl Manner Room, Feb. 25, from 8:30 a.m. to 3 p.m. Screening takes up to 40 minutes at front lobby or call (707) 643-1044 for more info.

Ongoing activities:

- Free 2009 tax help by AARP volunteers who will do your income taxes and they will be re-filed. Mondays and Wednesdays only. Starting Feb. 3 to April 7, 9 a.m. to 3 p.m. To make appointments call (707) 643-1044, or come to front office. Taxpayers must bring a current ID, copy of their 2008 tax forms, W2 Form and Form 1099 showing interest and dividends and documentation showing original purchase price of sold assets. For taxpayers with incomes of \$50,000 or less, with

- special attention to those 60 or older.
- AARP 55 Alive Drive Class. Wednesday, Feb. 10, 12:30 to 5 p.m. Advance registration is required. Sign up at the office. The cost is \$12 for AARP members and \$14 for non-members.
- Computer classes. Basics: 10-wk course starting Jan. 19. 10 a.m. to noon, Tuesdays. Basics & Beyond: 10-wk course starting Jan. 21, 10 a.m. to noon, Thursdays. Cost \$35 for members and \$40 for non-members. Sign up at office. Space limited.
- Bingo: Fridays, 9:30 to 11:30 a.m.; Wednesdays, 2 to 5:30 p.m. \$10 (one pack)
- Family History Writing Group, 11 a.m. to 1 p.m., second and fourth Monday of each month. Fee: \$1.
- Travel and Thrift/Gift Shop: Monday through Thursday, 10 a.m. to 1:30 p.m. Friday 9 a.m. to

noon. Public welcome. Donated goods accepted Mondays and Tuesdays, 9 a.m. to 1 p.m.

Weekly activities:

- New, Wednesday art classes start Wednesday, Jan. 20. Will meet from 9:30 to 11:30 a.m., in the Carl Manner Room. Cost: \$10 per class, payable to instructor. Learn at your own pace. Personalized guidance by instructor Ignacio Sandoval. Learn how to draw three-dimensional subjects in a three-step process using chalk and charcoal. Sign up in lobby during open hours.
- Zumba exercise class to Latin music, every Tuesday and Thursday, from 6:30 to 7:30 p.m. Cost: \$25 for eight classes. Drop-in fee \$7.
- Monday: Line dancing (intermediate/ advance), 10 to 11:15 a.m., \$6 per session, coupons available; Jazzercise lite, 10:15 to 11:15 a.m.; yoga, 11 a.m. to noon, \$3 per session, bring a towel or mat.
- Tuesday: Line dancing (beginning/intermediate), 10 to 11:30 a.m., \$6 per session, coupons available; Tai chi, 9 to 10 a.m., \$10 per month; Jazzercise lite, 10:15 a.m. to 1 to 1:15 p.m., \$2.50 per class, 12 classes for \$25; line dance (beginners), 10:30 to 11:30 a.m., \$6 per session, coupons available.
- Thursday: Beginners' line dancing, 10 to 10:30 a.m., free; Basic-beginners' line dancing, 10:30 to 11:30 a.m., \$6; tai chi (no third Thursday, 9 a.m., \$10 per month; Jazzercise lite, 10:15 to 11:15 a.m., \$2.50 per class, 12 classes for \$25; dominoes, 1 p.m., \$1 per session; mah jongg, 9 a.m., \$1; Scrabble group, 1 p.m., 1 per session; senior sports, 9 a.m., dues.

SENIOR MENU

Meals on Wheels of Solano County provides meals to homebound seniors 60 and older and at congregating dining sites at the senior centers. Call 24 hours in advance at (800) 788-5114 or 426-3079. Suggested donation: \$3 per meal. Meals are served Monday through Friday at these locations: Florence Douglas Senior Center, 333 Amador St., noon; Marina Towers, 601 Sacramento St., 11:30 a.m.; and 1205 East Second St., Benicia, 11:30 a.m.

Menu for this week

- Monday** — Tamale pie, Spanish rice, zucchini bread, orange.
- Tuesday** — Breaded fish, scalloped potatoes, Italian green beans, coleslaw, wheat roll, fruit cup.
- Wednesday** — Burgundy beef on noodles, cauliflower, carrot & raisin salad, canned pears.
- Thursday** — Baked turkey ham, sweet potatoes, mixed vegetables, apricot nectar, bread, butterscotch pudding.
- Friday** — Chicken Romano, Italian spaghetti, Italian vegetables, green salad, fruit, chocolate brownie.

Meals on Wheels is seeking volunteers in the Vallejo area for home deliveries one day a week. Call 626-3079 for more information.

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Health services:

- RN/Certified Diabetic

Educator — first Wednesday of the month. Free blood sugar (glucose) checks.

- Caregivers Support Group — 10:30 a.m., second and fourth Tuesday of the month. Free.
- Elder Health Nurse — 9 a.m. to noon, second and fourth Wednesday of the month. Free. Schedule at 643-1044.
- Podiatry — 12:15 to 12:35 p.m., every third Tuesday of the month. Free appointments.

The Solano College Theatre Associate Presents  
*An Evening With Tom Hanks*  
Fundraising Dinner and Theatre Presentation  
Benefiting the Solano Community College Theatre Arts Department



**Saturday, February 6th, 2010**  
Solano Community College  
4000 Suisun Valley Rd.  
Fairfield, CA 94534

**Tickets: (707) 864-7100**  
*Don't Miss Out...  
Tickets are Almost Gone!*

Wine & hors d'oeuvres: 4:30 p.m. • Dinner 5 p.m.  
in the Dining Hall featuring entertainment by Solano College Theatre  
*Tickets: \$100\**

Presentation 7 p.m. in the Campus Theatre featuring a discussion of non-fiction filmmaking and Mr. Hanks' upcoming project, "The Pacific."  
*Tickets: \$100*

\* Tickets for the fundraising dinner must be purchased by 4:30 p.m. on Tuesday, Feb. 2nd.

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Protect yourself from heart disease

By Dr. Edward Yoon



Heart disease is the leading cause of death for men and women in the United States. You can limit your risk by living a healthy lifestyle and paying attention to potential symptoms of heart trouble.

"It's unfortunate that more than 400,000 people in our country will die suddenly this year, many of them from cardiovascular issues," said Dr. Edward Yoon, a board certified cardiologist at Sutter Regional Medical Foundation and on staff at Sutter Solano Medical Center. "Some of those people may have been able to prevent or reverse their conditions with healthy habits."

**Common Conditions**  
Heart failure, stroke and heart attack are conditions that fall

under the umbrella of heart disease. A heart attack occurs after muscle cells die or are injured when blood flow to the heart is suddenly reduced. If a large area of muscle is damaged, it can lead to heart failure.

Heart failure occurs when the heart is damaged and can no longer pump effectively — often after a heart attack. The primary symptoms of this condition are fatigue and shortness of breath. Stroke occurs when blood flow to the brain is suddenly and severely reduced. This is often caused when plaque buildup in a blood vessel breaks off and blocks the flow of blood. Signs of stroke include vision loss, weakness in a leg or arm, and slurred speech.

**Risk factors**  
"Not everyone who experiences heart disease will have classic risk factors — such as being overweight or having high blood pressure," Dr. Yoon said. "That makes it even more important to be aware of heart disease symptoms and to be aggressive when you suspect something may be wrong." Keep alert for signs of heart disease if any immediately family members have suffered heart

problems, especially at a young age. This includes men under age 55 and women under age 65.

When suggesting preventative measures, Dr. Yoon recommends routine blood pressure and cholesterol checks and maintaining a healthy weight to reduce the amount of stress on your heart. Following a healthy diet and exercising regularly can help with your weight. "Following a Mediterranean-style diet rich in fresh fruits and vegetables and good fats from nuts, olives and fish is one of the best things you can do for your heart," he said. "You should also exercise continuously for 20 to 30 minutes a day. Talk with your doctor about activities that can safely get your cardiovascular system going."

**Reduce your risk**  
Heart disease is the No. 1 cause of death in the United States. That's why Sutter Regional Medical Foundation is holding a free community lecture in February featuring health information and special giveaways. To reserve a seat or request a free Healthy Hearts brochure, call (707) 428-2747 or e-mail longorj2@sutterhealth.org.

Edward Yoon, M.D., a board certified cardiologist with Sutter Regional Medical Foundation and on staff at Sutter Solano Medical Center, which is a member of the Solano Coalition for Better Health.


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**HAPPY BIRTHDAY**

January 31

Misha Huff  
Walter Blair Jr.  
Mary McDonald  
Elizabeth Berry  
Kyle Shipman  
Samantha Fabrizi  
Matthew Baltzelle  
Marina Vlnar  
Glenn Dillard

Submit Your February Birthdays Times-Herald

Submit entries 7 DAYS IN ADVANCE for publication. No entries more than 60 days in advance. No Phone Calls Please!

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Adv. Tix on Sale THE WOLFMAN  
Edge of Darkness (R) - ID REQ'D \*  
WHEN IN ROME (PG-13) (12:10 2:30 5:00 7:25 9:50)  
LEGION (R) - ID REQ'D (12:55 2:40 5:10) 7:40 10:10  
EXTRAORDINARY MEASURES (PG)  
THE LOVELY BONES (PG-13) (1:55 2:35 5:15) 7:55 10:30  
THE BOOK OF ELI (R) - ID REQ'D  
TOOTH FAIRY (PG) (2:10 PM 4:45 PM) 7:15 PM  
OC & DA: TOOTH FAIRY (PG) (1:30 AM) 9:45 PM  
THE SPY NEXT DOOR (PG) (1:35 2:00 4:25) 6:50 9:15  
DAYBREAKERS (R) - ID REQ'D  
THE LOVELY BONES (PG-13) (1:20 3:05) 5:35 8:05 10:35  
IMAX: AVATAR 3D (PG-13) (1:00 4:05) 7:10 10:15  
AVATAR IN REAL 3D - EVENT  
PRICING (PG-13) \* (1:00 1:40 2:20 3:00) 5:40 6:20 9:00 9:40  
IT'S COMPLICATED (R) - ID REQ'D (12:40 3:05) 5:35 8:05 10:35  
SHERLOCK HOLMES (PG-13) (1:25 3:35) 6:35 9:35  
ALVIN AND THE CHIPMUNKS: THE SQUEAKY QUEL (PG) (1:25 1:55 4:10) 6:30 8:50  
THE PRINCESS AND THE FROG (G) (11:10 AM 1:30 PM 4:00 PM)  
Times For 01/31/10 2010 www.Regal.com

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AVATAR - REAL 3D (\$2.00 SURCHARGE) (PG13) 11:40 3:20 7:00 10:35  
• EDGE OF DARKNESS (R) (12:00 1:30 3:00) 4:30 6:00 7:30 9:00 10:30  
• WHEN IN ROME (PG13) 11:45 2:15 4:45 7:15 9:45  
• EXTRAORDINARY MEASURES (PG13) 2:20 5:00 7:35 10:10  
• LEGION (R) (11:50 2:30 5:20 7:55 10:25)  
• TOOTH FAIRY (PG) (11:20 2:00 4:35 7:10 10:00)  
• ALVIN AND THE CHIPMUNKS: THE SQUEAKY QUEL (PG) 11:30 1:50 4:10 6:30  
• AVATAR - 2D (PG13) 11:00 4:50 8:40  
• DAYBREAKERS (R) (12:00PM)  
• IT'S COMPLICATED (R) (2:00 4:55 7:50 10:40)  
• SHERLOCK HOLMES (PG13) 4:40 7:40 10:40  
• THE BLIND SIDE (PG13) (4PM)  
• THE BOOK OF ELI (R) (12:40 2:20 4:20 6:10 8:10)  
• THE LOVELY BONES (PG13) 12:50 4:30 7:10 10:00  
• THE PRINCESS AND THE FROG (G) (11:25AM)  
• THE SPY NEXT DOOR (PG) 11:30 1:50 4:10 6:30  
• NO PASSES-NO CLASSIC SUPERSAVERS