



The Scene

646 A Street, Davis, CA 95616
530-757-5696
Office hours: M-F 9:00-4:00 p.m.

www.cityofdavis.org/seniorservices
email: seniorservices@cityofdavis.org
Transportation: 530-747-8240

February 2023

Volume 50 No. 2

FEATURED THIS MONTH

Activities offered by the City of Davis require participants to follow County, State and Federal health guidelines. Masks are encouraged. **The Center will be closed Monday, February 20 in observance of Presidents' Day.**

“Pal-entine’s” Day Open House



Celebrate fun and friendship by joining us at the Senior Center for some light refreshments while meeting other newcomers and longtime center friends. Learn all about our programs and services and see some classes in action! **Tuesday, February 14, at 9 a.m.** The talk and tour will begin at 9:05 a.m. in the Game room by the Seventh Street entrance. No need to RSVP.

Tax-Aide Returns



The AARP Foundation offers free tax preparation assistance for simple tax returns by appointment at the Senior Center. Appointments can be scheduled by calling **530-324-5007**. All are welcome to utilize the service. Tax Aide volunteers receive thorough training through AARP. Safety protocols will be followed, and masks are encouraged.

Mah Jongg Lessons



Interested in learning to play Mah Jongg in a fun and friendly setting? The center is offering free Mah Jongg lessons with an experienced group of volunteers **Fridays, February 10, 17, 24 and March 3, from 1 p.m. - 3 p.m.** Lessons are progressive and students are encouraged to attend as many dates as they can. Mah Jongg is played every Monday at 12 p.m. in the Game Room.

Relieve Neck Tension with Feldenkrais®. Details on page 5.

ACTIVITIES

Friday Films



Bring a friend and join us at the Senior Center **every Friday at 12:30 p.m.** in the Game Room to watch a free movie on a beautiful large screen TV, while enjoying light refreshments.

Devotion



February 3 (2 hrs, 19 min, PG-13)

The inspirational true story of Jesse Brown, the first Black aviator in U.S. Navy history, and his enduring friendship with fellow fighter pilot Tom Hudner. Helping to turn the tide in the most brutal battle in the Korean War, their heroic sacrifices ultimately make them the Navy's most celebrated wingmen.

Till



February 10 (2 hrs, 10 min, PG-13) "Till" is a profoundly emotional and cinematic film about the true story of Mamie Till-Mobley's relentless pursuit of justice for her 14-year-old son, Emmett Till, who,

in 1955, was lynched while visiting his cousins in Mississippi. In Mamie's poignant journey of grief turned to action, we see the universal power of a mother's ability to change the world.

A Man Called Otto



February 17 (2 hrs, 5 min, R)

Otto Anderson is a grumpy widower who is very set in his ways. When a lively young family moves in next door, he meets his match in quick-witted and pregnant Marisol, leading to an unlikely friendship that turns his world upside-down.

Dog



February 24 (1 hr, 41 min, PG-13)

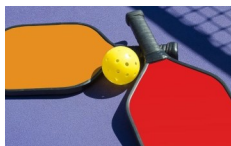
With a dog named Lulu by his side, Army Ranger Briggs races down the Pacific Coast to make it to a soldier's funeral on time. Along the way Briggs and Lulu drive each other completely crazy, break a handful of laws, narrowly evade death and learn to let down their guards to have a fighting chance of finding happiness.

Monthly Walking Group



We are having so much fun on our monthly walk, and we would love for you to come along! Join us for a two-hour, leisurely walk from the Senior Center to the UC Davis campus and through part of the arboretum. We'll have light refreshments when we return. **Wednesday, February 15, 10:30 a.m.** We're walking rain or shine, so dress accordingly!

Pickle Ball



Pickleball is the fastest growing sport in America. The game combines elements of tennis, ping-pong and badminton. The rules are simple and the game is easy for beginners to learn, but it can develop into a quick, fast-paced, competitive game for experienced players. The Senior Center is starting a pickle ball group! Watch for upcoming information.

FOLLOW US!



ACTIVITIES

Watercolor Group



The Watercolor Group meets **Friday** mornings at 9 a.m. From 9 a.m. to 9:25 a.m. there will be announcements of upcoming workshops, exhibits, special events and other items.

During this time, set up of materials for class also occurs. Class starts promptly at 9:30 a.m. Some of our volunteer teachers are Betty Berteaux, Mildred Franklin Matt Connor and Chris Shackel. The teachers change monthly. Class ranges through all levels of skill. Many are beginners while others are working at advanced levels. The program goal is to help each other grow and develop as artists. Come sit in on a lesson and see if you like it. The group is delighted to have you join.

Project Linus



Do you enjoy quilting, knitting or sewing? Join Project Linus to make blankets for children in the community who are seriously ill, traumatized or otherwise in need. Come to

our gathering at the Davis Senior Center on **Wednesday, Feb. 8, from 1:30 p.m. - 3 p.m.** to share ideas, patterns and lots of good conversation. Everyone is encouraged to contact Diane McGee and sign up for the email list to receive detailed information and updated meeting time changes. All are welcome to attend the meeting and help sew Linus labels on handmade blankets that will be given to Yolo County organizations that serve children in need. Project Linus members may take home donated fabrics and yarn each month to complete a blanket. Finished blankets can be brought to the next monthly gathering or to the Joann Fabric store in Woodland. For general information, drop-off location questions or fabric and yarn donations, contact Diane McGee at dmmyolo@gmail.com.

Drop-In!

Note the many free drop-in activities for all interests!

- **Book Club:** Thursdays, February 9 and 23, 3 p.m.
- **Chinese Culture Club:** Friday, February 17, 1:30 p.m.
- **Duplicate Bridge:** Tuesdays, 12 p.m.
- **Hem & Haw:** Wednesdays, 1 p.m.
- **Mah Jongg:** Mondays, 12 p.m.
- **Mac Users Group:** Tuesday, February 14, 5 p.m.
- **Men's Social Group:** Wednesdays, 10 a.m.
- **Parkinson's Care Partners Group:** Thursdays, February 9 and 23, 11 a.m.
- **Parkinson's Support Group:** Thursday, February 16, 1:30 p.m.
- **Project Linus:** Wednesday, February 8, 1:30 p.m.
- **Social Bridge:** Mondays, 12 p.m.
- **Ukulele Jam Session:** Mondays, 12 p.m.
- **Watercolor Group:** Fridays, 9:30 a.m.

Senior Center Staff

Maria Lucchesi - Community Services Supervisor

Amy Briesenick - Program Coordinator

Libby Wolf - Office Assistant



SPECIAL INTEREST

Senior Citizen Commission

The agenda and directions to log on for the Zoom meeting on **Thursday, February 9, at 2:30 p.m.** will be posted at <https://www.cityofdavis.org/city-hall/commissions-and-committees/senior-citizen-commission>, or call 530-757-5696 for details. To contact or send comments to the Senior Citizen Commission, email SCC@cityofdavis.org. In-person meetings resume in March.

Genealogy Club



"Probate Records, The Alphabet Soup of Probate?"

Please join us for a hybrid meeting (Valente or Zoom) featuring genealogy educator

and favorite returning speaker Glenda Lloyd. Probate records are a frequently untapped yet valuable resource for researchers. Not only do these records show who left what to whom, but they can reveal much about the family - profession, debts owed, who was in favor and who was not. Come learn how to serve up this soup! Lloyd may appear in person or via Zoom. Check website for more. **Tuesday, February 21, 1 p.m. - 3 p.m.**

The Genealogy Library is fully open to the public on Wednesdays and Fridays from 1 p.m.-3:30 p.m. Make a plan to visit and work on your family tree. You may find a clue there that helps break down that brick wall! To learn more about the Davis Genealogy Club or Library, please visit our website at DavisGenealogy.org. To request a zoom link, please email Lisa Henderson at President@DavisGenealogy.org

Table Tennis



In the past, we have had a great group playing on non regulation tables and just having a great time. If interested, call 530-757-5696.

Paint With Joy

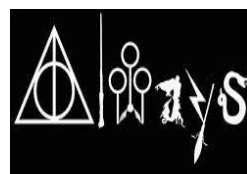


Naomi Bautista teaches amazing acrylic and oil painting techniques. All experience levels are encouraged to register! Open to all adults 18 and over. **Tuesdays, February 7-28, 1 p.m. \$60**

Travel Talk

Are you ready to explore Northern California and beyond? Join the Davis Travelaires to learn more about our upcoming day trips, see details about our newly-planned Panama Canal cruise in fall 2023 and mingle with other travelers. We will be offering registration specials for the cruise, and you can enter to win a \$50 Davis Travelaires gift certificate. We hope to see you there. **Thursday, February 9, 1 p.m.**

Book Club



Our Harry Potter journey will come to an end as we discuss the final chapters of the final book, *The Deathly Hallows*. It has been a year and a half long adventure that we will never forget. We did a deep dive every session into plot holes, theories, character arcs and hidden meanings. It was a wonderful experience, but it is time to move on to other books and stories which the group will decide on together. Are you interested in becoming a part of this group? Join in the fun of lively discussions and creating new friendships. **Thursdays, February 9 and 23, at 3 p.m.**

Program Spotlight

Looking to make new friends? The **Men's Group meets every Wednesday at 10 a.m.** with no agenda and no officers; just a get together to discuss a wide array of topics and share their lives. Drop in any time. Coffee always included.

Fitness/Wellness Classes

Hybrid classes are In-Person classes with a Zoom option. Rates listed are for the full class session.

- **Awareness Through Movement:** Wednesdays, 10 a.m. **February 22-March 15 \$25**
- **International Folk Dance:** Tuesdays, 10:30 a.m. **February 7-28 \$25**
- **Line Dancing:** Wednesdays & Fridays, 3:30 p.m. (In-person Fitness Flex Pass class)
- **Line Dancing Beginner:** Fridays, **2 p.m.** (In-person Fitness Flex Pass class)
- **Meditation for Stress Relief:** Thursdays, 4:30 p.m. **February 2-23 \$16** (Zoom)
- **Pilates:** Tuesdays & Thursdays, 2:30 p.m. **February 2-28 \$50** (Hybrid)
- **PM Aerobics:** Tuesdays & Thursdays, 6:30 p.m. (In-person Fitness Flex Pass class)
- **Resistance Bands:** Mondays & Wednesdays, 2 p.m. **February 1-27 \$21** (Hybrid)
- **Sunrise Step, Tone, and Stretch:** Mondays, Wednesdays, Fridays, 7 a.m. (In-person Fitness Flex Pass class)
- **Tai Chi:** Tuesdays & Thursdays
Advanced: 8 a.m., **Beginner:** 9:15 a.m.
February 2-28 \$50 (Hybrid), **\$32** (Zoom)
- **Yoga-Chair:** Tuesdays, 10:30 a.m. **February 7-28 \$25** (Hybrid)
- **Yoga-Chair:** Thursdays, 10:30 a.m. **February 2-23 \$25** (Hybrid)
- **Yoga-Therapeutic:** Tuesdays, 8 a.m. **February 7-28 \$38** (Hybrid)
- **Yoga-Therapeutic:** Thursdays, 8 a.m. **February 2-23 \$38** (Hybrid)
- **Zumba:** Fridays, 12:30 p.m. **February 3-24 \$25** (Hybrid)

Relieve Jaw Pain with Feldenkrais®



Clenching our jaw is a common reaction to stress. Over time it becomes painful, adds lines to our faces and reduces our ability to perceive and function. This class teaches effective techniques to reduce tension in your neck, face, and jaw which leads to greater comfort, better balance and sense of yourself in space. Participants explore small, gentle movements that involve thinking, sensing, moving and imagining while relaxing their face. Adults of all ages and abilities are welcome. Participants will follow movement exploration instructions while lying on a cushioned mat on the floor or a platform. **Wednesdays, February 22– March 15, 10 a.m. – 11 a.m. \$25.**

Line Dance for Beginners

Give your brain and body a workout with line dance. The center now offers a beginner class **Fridays from 2 p.m. - 3 p.m.** Purchase your Flexpass for this class online, by phone with a current waiver or stop by the Senior Center. Dance improves cardiovascular health, bone strength, balance and flexibility but there's evidence it does even more.

A study published in *The New England Journal of Medicine* investigated the effect leisure activities had on the risk of dementia and found that frequent dancing appeared to lower the risk of dementia. The lead author of the study, Joe Verghese, a professor of Neurology at Albert Einstein College of Medicine, says he's not sure why dancing had such a unique effect, but surmises that, "unlike many other physical activities, dancing also involves significant mental effort and social interactions."

Davis Travelaires

646 A Street, Davis, CA 95616

new phone number: 530-902-1825

At press time, the Travelaires are finalizing details for trips to Petaluma on May 24, "TINA: The Tina Turner Musical" on August 23, and a Panama Canal cruise in October 2023. Find out more details at our Travel Time Trip Preview on Thursday, February 9, 1 p.m. in the Valente Room at the Senior Center. Register for the trip preview online at our website or by phone or email. The following trips still have space available:

- **"Pal-entine's" Day at the TCHO Chocolate Factory**, Berkeley (Wednesday, February 15), \$108 per person.
- **"SIX the Musical,"** Orpheum Theatre, San Francisco (Wednesday, March 15), \$220 per person.
- **Ironstone Vineyards**, Murphys (Thursday, April 20), \$189 per person.

The Travelaires office inside the Senior Center is open Tuesdays and Thursdays, 10 a.m. – 2 p.m. For information, visit <https://davistravelaires.org>, call 530-902-1825 or email DavisTravelaires@gmail.com. If you do not have access to the internet, pick up flyers at the Senior Center or leave a phone message with your name and address and we will send trip flyers to you.

Sincerely,
Davis Travelaires Board of Directors

The Scene

DAVIS SENIOR CENTER

646 A Street, Davis, CA 95616


530-757-5696

Office hours: M-F, 9:00 a.m. - 4:00 p.m.



DAVIS SENIOR CENTER

February 2023 Activities and Special Events

Information	Monday	Tuesday	Wednesday	Thursday	Friday	
<p>Senior Center Office Open Weekdays 9:00 AM - 4:00 PM 646 A St. Davis, CA 95616 (530) 757-5696 seniorservices@cityofdavis.org</p> <p>Davis Community Transit 530-747-8240</p> <p>Activity Key: ^{FP} Flex Pass Class ^S Indicates class fee * Indicates need to register for free activity and/or by appointment. Please call (530) 757-5696.</p> <p>Room Key: A - Activity Room B - Board Room G - Game Room K - Kitchen Lg - Lounge Ly - Lobby MPR - Multi Purpose Room MPE - Multi Purpose East MPW - Multi Purpose West P - Parking Lot Pt - Patio T - Travelaires Office V - Valente Room Z - Zoom</p> <p>Offsite Buildings: CC - Community Chambers 23 Russell Blvd.</p>	ONGOING WEEKLY ACTIVITIES					
	7:00am Step,Tone, Stretch ^{S,FP} (MPE)	8:00am Tai Chi, Int ^S (MPE & Z)	7:00am Step,Tone, Stretch ^{S,FP} (MPE)	8:00am Tai Chi, Int ^S (MPE & Z)	7:00am Step,Tone, Stretch ^{S,FP} (MPE)	
	9:00am Meals on Wheels (K & MPW)	8:00am Therapeutic Yoga ^S (A & Z)	9:00am Meals on Wheels (K & MPW)	8:00am Therapeutic Yoga ^S (A & Z)	9:30am Watercolor (V)	
	9:00am Open Art Studio (V)	9:00am Memoirs ^S (G)	10:00am Awr Thru Mvmt ^S (A)	9:00am Meals on Wheels (K,MPW)	12:30pm Friday Films (G)	
	12:00pm Mah Jongg (MPW)	9:15am Tai Chi, Beg ^S (MPE & Z)	10:00am Men's Social Group (G)	9:15am Tai Chi, Beg ^S (MPE & Z)	12:30pm Zumba ^S (MPE & Z)	
	12:00pm Ukulele Jam Session (MPE)	10:30am Int'l Folk Dancing ^S (MPE)	1:00pm Hem & Haw (A)	10:30am Chair Yoga ^S (A & Z)	1:00pm Genealogy Library Drop In (L)	
	12:00pm Social Bridge (G)	10:30am Chair Yoga ^S (A & Z)	1:00pm Genealogy Library Drop In (L)	2:30pm Pilates ^S (MPE)	2:00pm Beginner Line Dancing ^S (MPE)	
	2:00pm Resistance Bands ^S (MPE & Z)	12:00pm Duplicate Bridge (G)	2:00pm Resistance Bands ^S (MPE & Z)	4:30pm Meditation for Stress ^S (Z)	3:30pm Line Dancing ^S (MPE)	
		1:00pm Paint With Joy ^S (MPW)	3:30pm Line Dancing ^S (MPE)	6:30pm PM Aerobics ^{S,FP} (MPE)		
		2:30pm Pilates ^S (MPE)				
		6:30pm PM Aerobics ^{S,FP} (MPE)				
	SPECIAL AND ONCE A MONTH EVENTS					
				1	2	3
		6	7	8 1:30 pm Project Linus (MPW)	9 11:00 am Parkinson's Care Partners (G) 1:00 pm Travel Talk (V) 3:00 pm Book Club (Lg) 2:30 pm Sr Commission Mtg (Z)	10 1:00 pm Mah Jongg Tutorial (MPW)
		13	14 9:00 am Open House (G) 5:00 pm Mac Users Group (A)	15 10:30 am Monthly Walking Group (Ly)	16 1:30 pm Parkinson's Support Grp (G)	17 1:00 pm Mah Jongg Tutorial (V) 1:30 pm Chinese Culture Club (MPW)
	20  Senior Center Closed in observance of Presidents' Day	21 1:00 pm Genealogy Meeting (V & Z)	22	23 11:00 am Parkinson's Care Partners (G) 3:00 pm Book Club (Lg)	24 1:00 pm Mah Jongg Tutorial (MPW)	
	27	28				