



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

October 2023

Volume 50 No. 10

FEATURED THIS MONTH

Activities offered by the City of Davis requires all participants to follow County, State and Federal health guidelines.

Newcomer Tour



Join us **Tuesday, October 10, 9:30 —10:30 a.m.** for a tour and light refreshments. Meet center staff, instructors and volunteers and learn all about the classes and services we provide for all ages. Reacquaint yourself with old friends or make some new ones. No RSVP necessary.

Octoberfest Dance Party



Meet some of our dance instructors and join us for food, great company and fun and easy dances! Appetizers including pretzels, brats, sausages and root beer courtesy of Carlton Senior Living. **Friday, October 13, 3 – 5 p.m.** \$2 donation requested. RSVP no later than October 10.

Halloween Pizza Party and Movie



Bring your kids, grandkids and friends to enjoy some pizza, salad and dessert followed by the movie Stardust, a fantasy adventure, starring an ensemble cast including Claire Danes, Rupert Everett, Peter O'Toole, Michelle Pfeiffer and Robert De Niro. **Tuesday, October 31, 12:30 - 3 p.m.** Please RSVP no later than Friday, October 27. Get in the spirit and wear your favorite costume! \$7

Craft Fair is Almost Here!

Join us **Saturday, November 4 from 9 a.m. - 2 p.m.** for our annual Craft Fair featuring nearly 30 vendors and a wide assortment of hand made items. Find great deals on handmade jewelry, wreaths, soaps, cards, scarves, blankets, art and so much more! If you want to be a vendor, please contact us at 530-757-5696.

Fall Painting and Artificial Intelligence Talk. See page 4 for details.

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.

The Karate Kid



October 6 (2 hrs, 10 min, PG 13)

When his mother's career results in a move to China, 12 year old Dre Parker finds that he is a stranger in a strange land. Though he knows a little karate, his fighting skills are no match for Cheng, the school

bully. Dre finds a friend in Mr. Han (Jackie Chan), a maintenance man who is also a martial arts master. 2010

Forever My Girl



October 13 (2 hrs, 6 min, PG-13)

Liam Page is a country music superstar who left his bride Josie at the altar to pursue fame and fortune. Page never got over Josie, his one true love, or forgot his southern roots in the small

community where he was born and raised. Now he must unexpectedly face the consequences of his actions when he returns to his home town for the funeral of his best friend from high school. 2018

Maleficent



October 20 (2 hrs, 11 min, R)

As a beautiful young woman of pure heart, Maleficent (Angelina Jolie) has an idyllic life in a forest kingdom. When an invading army threatens the land, Maleficent rises up to become its fiercest protector.

However, a terrible betrayal hardens her heart and twists her into a creature bent on revenge. 2014

Death Becomes Her



October 27 (1 hr, 44 min, PG-13)

When a novelist loses her man to a movie star and former friend, she winds up in a psychiatric hospital. Years later, she returns home to confront the now-married couple, looking radiant. Her ex-husband's

new wife wants to know her secret, and discovers that she has been taking a mysterious drug which grants eternal life to the person who drinks it. 1992

Senior Citizen Commission



Meet Commissioners and tour Yolo Care's new adult day center, Galileo Place, located at 1909 Galileo Court, on **Thursday, October 12**. The Galileo Place Open House welcomes all guests **noon to 1 p.m.**

The Senior Citizen Commission meeting will start at 1 p.m. This meeting will include a presentation on Galileo Place, a description of the role and function of the Senior Citizen Commission and an opportunity to share your thoughts on senior issues with Commissioners and Senior Center staff. Agenda packets 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.

Book Club



Join us for an engaging discussion on a great read in the lounge! Call the center for details. Suggestions for books are always appreciated. Open to everyone 18 and over. **Thursdays,**

October 12 and 26, 3 p.m.

ACTIVITIES

Drop-In!

The Senior Center hosts a variety of drop-in activities for all interests and abilities! Programs such as Duplicate Bridge, Mah Jongg and Social Bridge encourage you to visit and observe in order to learn. Additionally, we offer workshops throughout the year.

- **Book Club:** Second and fourth Thursdays, 3 p.m.
- **Chinese Culture Club:** Third Fridays at 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:** Second Tuesdays, 5 p.m.
- **Men's Social Group:** Wednesdays, 10 a.m.
- **Parkinson's Care Partners Group:** Second and fourth Thursdays, 11 a.m.
- **Parkinson's Support Group:** Third Thursdays, 1:30 p.m.
- **Project Linus:** Second Wednesdays, 1:30 p.m.
- **Social Bridge:** Mondays, 12 p.m.
- **Talking Together:** Third Mondays, 10 a.m.
- **Ukulele Jam Session:** Mondays, 12 p.m.
- **Watercolor Group:** Fridays, 9:30 a.m.

Talking Together

Check in about travel, sports or any topic of interest! No agenda, just an opportunity to chat with other people. **Monday, October 16, 10 a.m.**

FOLLOW US!



Project Linus



Enjoy quilting, knitting or sewing? Join Project Linus to make blankets for children in the community who are seriously ill, traumatized or in need. Come to our gathering **Wednesday, October 11, 1:30**

p.m. to share ideas, patterns and good conversation. Contact Diane McGee and sign up on the project email list to receive detailed information and meeting time changes. All are welcome to attend and help sew labels on handmade blankets given to local organizations serving children. Project Linus members may take home donated fabrics and yarn each month to complete a blanket. Finished blankets can be brought to the next gathering or to Joann's Fabric in Woodland. For information, contact Diane McGee: dmmyo@gmail.com.

Chinese Culture Club:



Celebrate the Chinese culture through games, films with subtitles, art, music and socializing. Everyone is encouraged to participate with this friendly group. **Friday, October 20, at 1:30 p.m.**

Jewelry Sale Success!

Thank you to our wonderful volunteers Jane, Pam, Jan, Merry, Lois, Beth, Joy, Joan, Zee and Patti for your dedication and service in making the Jewelry Sale a great success with \$8,000 in revenue for the two-day sale! If you missed the sale, visit the center display case for beautiful pieces that change throughout the month. October will feature Halloween and fall themed jewelry and cozy scarves.

SPECIAL INTEREST

Legal Services Monthly



Legal Services of Northern California (LSNC), a non-profit funded by the Area Agency on Aging, will provide half hour appointments from **9 - 11**

a.m. every second Wednesday at the Senior Center. LSNC provides free civil legal help to Yolo County residents who have limited income or are at least 60 years old. Practice areas include housing, public benefits such as MediCal and Social Security, insurance issues and civil rights. Call the front desk to make an appointment.

Ukulele Classes

New classes will be **October 30—November 20**. **Beginner Ukulele is 10 —11:00 a.m., and Advanced Beginner is 11 a.m.—12 p.m.** \$19 Ukulele Jam Sessions every Monday at noon.

Fall Painting



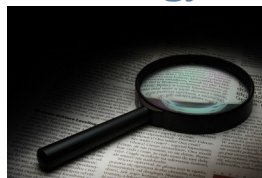
Our Senior Center's talented impressionist artist, Naomi Bautista, will highlight fall themed objects and colors including pumpkins, fall

fruits and landscapes this session, **Tuesdays, October 3-24**. This oil and acrylics class is open to all levels from novice to experienced painters. \$60

AI Talk

Learn all about Artificial Intelligence from breaking down concepts to considering what the future of AI might look like. This informative presentation will be led by Lee M. Miller, Professor in the Department of Neurobiology, Physiology, & Behavior and Department of Otolaryngology, Center for Mind and Brain and UC Davis Center for Neuroengineering & Medicine. He will be joined by Carlos Carrasco, PhD Candidate, from the Neuroscience Graduate Group. **Wednesday, October 11 at 10 a.m.**

Genealogy Club



Join us **Tuesday, October 17, 1 p.m. - 3 p.m.** for a free hybrid meeting with nationally known speaker Judy Russell, *The Legal Genealogist*, as she joins us

remotely on the big screen. Judy will explain the use of negative evidence in genealogy research in "No, No, Nanette! What Negative Evidence is... and Isn't." This is the hardest type of evidence to understand or use. It arises "from an absence of a situation or information in extant records where that information might be expected." Learn more about what negative evidence is—and what it isn't—and what that means in our research. Judy Russell is a genealogist with a law degree. She writes, teaches and speaks on a wide variety of genealogical topics from using court records in family history to understanding DNA testing. She is a faculty member of several genealogical institutions and a member of numerous state and regional genealogical societies, including the APG and the NGS (for which she also writes). Her award-winning blog appears on The Legal Genealogist website <http://www.legalgenealogist.com>. Attend this meeting in person (masks encouraged) or request a zoom pass by email: President@DavisGenealogy.org.

The Genealogy Research Library is open to everyone **Wednesdays & Fridays from 1 p.m. - 3:30 p.m.** Make a plan to drop in and say hello! Wi-Fi is available plus free blank pedigree charts and beginner resources. Peek at our actual holdings of Family Histories and additional helpful books here: <https://davisgenealogy.org/library-2/>. See Club Events at www.DavisGenealogy.org. Contact Lisa Henderson at President@DavisGenealogy.org or call 530-753-8943 for more info or to RSVP.

Fitness/Wellness Classes

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

- **Awareness Through Movement: Healthy & Strong Legs:** Wednesdays, 10 a.m.
October 18-November 8. \$25
- **Forever Fit:** Fridays, 2 p.m. **October 6-27, \$16** (Hybrid)
- **International Folk Dance:** Tuesdays, 10:30 a.m.
October 3-31, \$32
- **Line Dancing:** Mondays 4-6 p.m., Wednesdays 10 a.m.-12 p.m., (Flex Pass class)
- **Meditation for Stress Relief:** Thursdays, 4:30 p.m. **October 5-26, \$16** (Zoom)
- **Pilates:** Tuesdays & Thursdays, 2:30 p.m.
October 3-31, \$57 (Hybrid)
- **PM Aerobics:** Tuesdays & Thursdays, 6:30 p.m. (Flex Pass class)
- **Resistance Bands:** Mondays & Wednesdays, 2 p.m. **October 2-30, \$27** (Hybrid)
- **Sunrise Step, Tone, and Stretch:** Mondays, Wednesdays & Fridays, 7 a.m. (Flex Pass class)
- **Tai Chi:** Tuesdays & Thursdays, **Continuing:** 8 a.m., **Basic:** 9:15 a.m.
October 3-31, \$57
- **Tai Chi-Zoom Only:** Tuesdays & Thursdays, 10:30 a.m. **October 3-31, \$36**
- **Yoga-Chair:** Tuesdays, 10:30 a.m.
October 3-31, \$32, (Hybrid), \$20 (Zoom)
- **Yoga-Chair:** Thursdays, 10:30 a.m.
October 5-26, \$25 (Hybrid), **\$16** (Zoom)
- **Yoga-Therapeutic:** Tuesdays 8 a.m.
October 3-31, \$47
- **Yoga-Therapeutic:** Thursdays 8 a.m.
October 5-26, \$38
- **Zumba:** Fridays, 12:30 p.m.
October 6-27, \$25 (Hybrid)

Fitbit on Protein



This Zoom workshop discusses how much protein we need, when to eat it and its sources (plant or animal). We'll also share meal and snack ideas that are protein rich. This 30-minute

workshop is virtual and part of the FitBit series, October-December.

Register and receive the link and recording. First class is **Thursday, October 19, at 11:00 a.m.** Debbie Eernisse, aka FitDeb, teaches the popular Fit for Life classes, works as a personal trainer for older adults and is a healthy aging advocate.

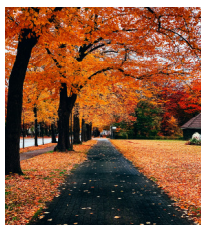
Pickleball



Join in the latest sport sensation. The next four-week session runs **Wednesdays, October 4 – 25 from 5 - 6 p.m.** All abilities are welcome. Class is located in the

center's Multipurpose Room by the Seventh Street entrance. \$70

Monthly Walk About



Walks begin at the center and go to the UC Davis campus and part of the Arboretum. Tours vary and may include the Social Sciences and Humanities Building, a stroll past the Craft Center and Bainer

Hall, the Memorial Union and more. Start from the lobby on **Wednesday, October 18 at 9 a.m.** and return by 11:30 a.m.

Zoom Tai Chi

The center now offers a zoom only Tai Chi option. Learn how to do Tai Chi in the comfort of your own home. **Tuesdays and Thursdays at 10:30 a.m.** This new session runs **October 3-31. \$36**

Davis Travelaires

Davis Travelaires will host a Travel Talk trip preview on Wednesday, November 8, 11 a.m. in the Valente Room to provide an overview of upcoming day trips as well as their Rhone River cruise in May 2025. The Rhone River cruise will include visits to Lyon, Nice, Alres, Avignon, Viviers, Vienne and Paris. Additionally, the newest day trip to the California Academy of Sciences is now available for registration. Registration is open for the following trips:

- **Francis Ford Coppola Winery and Geyserville Grille**, (Thursday, October 19, 2023); deadline to register is October 3.
- **Duarte Poinsettias & Sciabica Olive Oil**, (Wednesday, November 15, 2023)
- **California Academy of Sciences**, (Wednesday, December 13, 2023)
- **America's Cowboy Country Tour**, Grand Rapids SD to Jackson WY (May 23-30, 2024)

- **Ohio River Cruise**, Louisville KY to Pittsburgh PA (June 15-23, 2024)
- **Columbia and Snake Rivers Cruise**, Portland OR to Clarkston WA (September 1 - 9, 2024)
- **Rhone River Cruise**, France: Lyon to Provence & the Cote d'Azur (April 15-27, 2025)

The Travelaires office inside the Senior Center is open Tuesdays and Thursdays, 10 a.m. – 2 p.m. For information, visit <https://davistravelaires.org>, email DavisTravelaires@gmail.com or call 530-902-1825. 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

Office hours: M-F, 8:30 a.m. - 4:00 p.m.
530-757-5696
646 A Street, Davis, CA 95616

DAVIS SENIOR CENTER
The Scene

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DAVIS SENIOR CENTER

October 2023 Activities and Special Events

Information	Monday	Tuesday	Wednesday	Thursday	Friday				
<p>Senior Center Office Open Mon. - Fri. 9:00 a.m. - 4:00 p.m. 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 \$ 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 GP - Gallileo Place 1909 Galileo Ct. 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 ^{\$,FP} (MPE) 9:00am Open Art Studio (V) 10:00pm Beginner Ukulele ^{\$} (MPE) 11:00pm Adv. Beg. Ukulele ^{\$} (MPE) 12:00pm Ukulele Jam Group (MPE) 12:00pm Mah Jongg (MPW) 12:00pm Social Bridge (G) 2:00pm Resistance Bands ^{\$} (MPE & Z) 4:00pm Line Dancing ^{\$,FP} (MPE)	8:00am Tai Chi, Cont. ^{\$} (MPE) 8:00am Therapeutic Yoga ^{\$} (A & Z) 9:15am Tai Chi, Basic ^{\$} (MPE) 10:30am Tai Chi on Zoom ^{\$} (Z) 10:30am Int'l Folk Dancing ^{\$} (MPW) 10:30am Chair Yoga ^{\$} (MPE & Z) 12:00pm Duplicate Bridge (G) 1:00pm Paint With Joy ^{\$} (MPW) 2:30pm Pilates ^{\$} (MPE & Z) 6:30pm PM Aerobics ^{\$,FP} (MPE)	7:00am Step,Tone, Stretch ^{\$,FP} (MPE) 10:00am Men's Social Group (G) 10:00am Line Dancing ^{\$,FP} (MPE) 10:00am ATM - Strong Legs ^{\$} (A) 1:00pm Hem & Haw (A) 1:00pm Genealogy Library Drop In (L) 2:00pm Resistance Bands ^{\$} (MPE & Z) 5:00pm Pickleball ^{\$} (MPR)	8:00am Tai Chi, Cont. ^{\$} (MPE) 8:00am Therapeutic Yoga ^{\$} (A & Z) 9:15am Tai Chi, Basic ^{\$} (MPE) 10:30am Tai Chi on Zoom ^{\$} (Z) 10:30am Chair Yoga ^{\$} (MPE & Z) 2:30pm Pilates ^{\$} (MPE & Z) 4:30pm Meditation for Stress ^{\$} (Z) 6:30pm PM Aerobics ^{\$,FP} (MPE)	7:00am Step,Tone, Stretch ^{\$,FP} (MPE) 9:30am Watercolor (V) 12:30pm Friday Films (G) 12:30pm Zumba ^{\$} (MPE & Z) 1:00pm Genealogy Library Drop In (L) 2:00pm Forever Fit ^{\$} (MPE)				
	SPECIAL AND ONCE A MONTH EVENTS								
	2	3	4	5	6				
	9	10:00 am Newcomer Tour (G) 5:00 pm Mac Users Group (G)	11	9:00 am Legal Services* 10:00 am AI Talk (V) 1:30 pm Project Linus (MPW)	12	11:00 am Parkinson's Care Partners (G) 1:00 pm Sr Commission Mtg (GP) 3:00 pm Book Club (Lg)	13	3:00 pm Oktoberfest Party ^{\$} (MPW)	
	16	1:00 pm Genealogy Meeting (V & Z)	17	18	9:00 am Monthly Walking Group (Ly)	19	11:00 am FitBit - Protein ^{\$} (Z) 1:30 pm Parkinson's Support Grp (G)	20	1:30 pm Chinese Culture Club (MPW)
	23	24	25	26	27				
	30	31							
		12:30 pm Halloween Pizza & Movie ^{\$} (MPW)							