



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

November 2023

Volume 50 No. 11

FEATURED THIS MONTH

Enjoy a Relaxed Shopping Experience



With the festive season upon us, we offer you the unique and lovely annual Craft Fair. This event starts with free parking in a large lot, free entry and complimentary refreshments while you stroll inside and browse rows of handmade wares made by local and regional artisans and crafters. Visit our one-stop shop for gifts and home décor and find that special gift for yourself or someone you love. **Saturday, November 4, 9:00 am-2:00 pm.**

Thanksgiving with Friends Luncheon



All are invited to our luncheon fundraiser on **Tuesday, November 21 at 11:30 am.** The menu is provided by Atria Covell Gardens and includes a delicious Thanksgiving meal followed by an apple or pumpkin pie dessert. Please RSVP by Friday, November 17 at noon. Tickets are \$11, and all proceeds benefit Senior Center programs and services.

Meals on Wheels Returns!



Congregate lunch will resume **Fridays at 11:00 a.m. beginning November 3.** Meals on Wheels has provided delivery to homebound seniors in Yolo county for over forty years. For more information on eligibility or to make a reservation, please contact Meals on Wheels directly by calling 530-662-7035 or visit their website at <https://www.mowyolo.org/>.

Holiday Closures Senior Center offices are closed **Friday, November 10** for the Veterans Day holiday, and **Thursday & Friday, November 23 & 24** for the Thanksgiving holiday. Meals on Wheels will provide lunch onsite at the Senior Center **Friday, November 10.**

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. **No Movies**

November 10 and November 24 due to holidays.

While You Were Sleeping

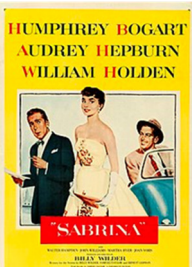


November 3 (1 hr, 43 min, PG 13)

Lonely transit worker Lucy E. Moderatz pulls her longtime crush, Peter from the path of an oncoming train. At the hospital, doctors report that he is in a coma, and a misplaced comment from

Lucy causes Peter's family to assume that she is his fiancée. 1995

Sabrina



November 17 (1 hr, 53 min, PG-13)

A playboy becomes interested in the daughter of his family's chauffeur, but it's his more serious brother who would be the better man for her. 1954

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. **Thursday, November 9, 3 p.m.**

Jewelry Donations

Just a reminder that jewelry donations are still accepted and our display case has items for sale for every season.

Senior Citizen Commission

The Commission meets at the Senior Center **Thursday, November 9 at 1 p.m.** 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.

Legal Services

Legal services are available each month by appointment. Call for details.

The Gift of Giving

We gratefully acknowledge the following contributions made January through mid October 2023:

Coffee	\$ 286
Greeting Cards / Copies	\$ 283
Hem & Haw	\$ 213
Jewelry	\$ 11,599
Mah Jongg	\$ 151
Medical Equipment	\$ 4688
Members of Project Linus	\$ 389
Misc. & General Donations	\$ 408
Monday Bridge	\$ 200
Taxes	\$ 65
Tech Support	\$ 50
Uke Jam	\$ 483
Total :	\$ 19,081

Valente Foundation Gift

We were honored to receive a generous donation of \$20,000 to our Senior Services Fund from the George and Lena Valente Foundation. Since 2000, the Foundation has supported the center and its participants, and we are grateful for their contributions. Purchases through fund dollars have included fitness equipment, Senior Center brochures, and funding for our Dianne Hinsz Scholarship program.

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.
- **Ukulele Jam Session:** Mondays, 12 p.m.
- **Watercolor Group:** Fridays, 9:30 a.m.

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, November 8, 1:30 p.m.** 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 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: dmmvolo@gmail.com.

Chinese Culture Club:

Celebrate the Chinese culture through games, films with subtitles, art, music and socializing. Everyone is welcome. **Friday, November 17, at 1:30 p.m.**

Hem & Haw

Anyone who loves to knit, crochet or stitch is welcome to join our friendly group on **Wednesdays, 1:00-3:00 pm** for conversation and creativity! Stop by the Hem and Haw table at the Craft Fair and purchase a handmade gift that benefits the Senior Center!

Season's Greetings



Senior Center staff

SPECIAL INTEREST

Caregiver Workshop

Come to this insightful workshop on caregiving strategies and planning for successful aging on **Thursday, November 16 from 9 a.m. to noon and includes a lunch.** This workshop is brought to you in partnership with Yolo Adult Day Health Center, part of Dignity Health, a not for profit organization, and additional sponsors Eldercare and Carlton. This event is divided into two programs: *How To Be a Best Friend: Improving Quality of Life for the Person and Care Partner* and *Successful Aging: It Takes a Plan.* The first program will describe caregiving techniques to bring out the best in a person with dementia and ways to cope as a caregiver while the second program will discuss planning for aging and steps you can take now to prepare for your future as your needs may change. These workshops are free but please register by November 10 by contacting sponsor Carlton Senior Living at mcfarlane@carltonseniorliving.com or by text or phone at 925-384-1666.

Pickleball

Davis Pickleball Clinic - Intro To Pickleball

This two hour clinic is designed for players between 2.0 and 3.0 (Beginner) rating range. Taught by professional Instructor, Ed Ju, who will cover everything you need to know to start playing pickleball: scoring, rules, serves, fundamental technique and basic strategy. This is the perfect place to start if you've been wanting to learn how to play pickleball! **Wednesday, November 15 at 5 p.m. \$40**

Fall Painting

Our Senior Center's talented impressionist artist, Naomi Bautista, will highlight fall themed objects and colors including pumpkins, fall fruits and landscapes. **Tuesdays, November 7-December 5 at 1 p.m.** This oil and acrylics class is open to all levels from novice to experienced painters. \$60

Genealogy Club

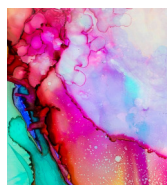


The Davis Genealogy Club will celebrate the holidays at our **Harvest Festival and Annual Meeting on Tuesday, November 28, 1 p.m. - 3 p.m.** ., in person

and via Zoom. We'll elect some new officers and then proceed to our popular heirloom **show and tell program**—this year the theme is **Ephemera**. Those items not intended to be saved include things like postcards, matchbooks, ticket stubs, play programs or other interesting items that have unexpectedly survived. These, or other heirlooms (particularly photos of them), will be featured in a slide show! **Favorite family foods and recipes** will be shared during our club **potluck**. This celebration is the culmination of our year and is sure to be a delightful gathering of members old and new. Contact President@DavisGenealogy.org for more information.

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.

Watercolor Group



Lucy Sargent will be our instructor for November. We meet every **Friday** at the Senior Center. Doors open at **9:00 am**, class starts at 9:30 and ends around 11:00. Bring your painting supplies and enjoy connecting and learning with other artists. No experience necessary.

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. **November 3-17, \$12(Hybrid)**
- **International Folk Dance:** Tuesdays, 10:30 a.m.
November 7-28, \$25
- **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. **November 2-30, \$16 (Zoom)**
- **Pilates:** Tuesdays & Thursdays, 2:30 p.m.
November 2-30, \$50(Hybrid)
- **PM Aerobics:** Tuesdays & Thursdays, 6:30 p.m. (Flex Pass class)
- **Resistance Bands:** Mondays & Wednesdays, 2 p.m. **November 1-29, \$24 (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.
November 2-30, \$44
- **Yoga-Chair:** Tuesdays, 10:30 a.m.
November 7-28, \$25
- **Yoga-Chair:** Thursdays, 10:30 a.m.
November 2-30, \$25
- **Yoga-Therapeutic:** Tuesdays 8 a.m.
November 7-28, \$38
- **Yoga-Therapeutic:** Thursdays 8 a.m.
November 2-30, \$38
- **Zumba:** Fridays, 12:30 p.m.
November 3-17, \$13 (Hybrid)

Fall Foliage Walk



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, November 15 at 9 a.m.** and return by 11:30 a.m.

Bone Health



November's FitBit is about bone health. We already know exercise is key if we want to stay healthy as we age. When it comes to bone health our daily activity needs to include weight-bearing exercise. Weight-bearing exercise can help to slow bone loss, and studies show it can even build bone. These exercises will boost your bones as well as build strength, increase mobility, improve balance, and help us move with confidence. Join FitDeb for the 30-minute FitBit on **Thursday, November 16 at 11 a.m.** This virtual mini workshop will be recorded and available to all registrants. Contact the Davis Senior Center, 530-757-5696, and sign-up. Strong bones, strong you. \$15 for the three part series.

Awareness Through Movement

Walking is one of our best health boosters. Explore strategies for improving your walk while sitting, standing, and, yes, while walking about. While exploring small movements slowly, learn to involve your whole self in walking. This leads to improved posture, balance, and mobility. Taught by Jeannette Hogan, *Feldenkrais Practitioner*[®] **Wednesdays, 10 a.m. November 29-December 13. \$19**



Davis Travelaires

Davis Travelaires' newest day trip to the Charles Schulz Museum on January 17, 2024 is now open for registration. The museum is home to the largest collection of original Peanuts artwork in the world. During our guided tour, we will view his original comic strips, learn about the art of cartooning and Schulz's role in its development, and view a re-creation of his art studio. We will enjoy box lunches at the Warm Puppy Cafe, located next to the museum within Snoopy's Home Ice, the Redwood Empire Ice Arena. The following trips are open for registration:

- **Duarte Poinsettias & Sciabica Olive Oil**, (Wednesday, November 15, 2023)
- **California Academy of Sciences**, (Wednesday, December 13, 2023)
- **Charles Schulz Museum**, Santa Rosa (Wednesday, January 17, 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'Azure (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

Dated Material

Time Value

Permit No. 1

Davis, CA



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U.S. Postage

Nonprofit Org



DAVIS SENIOR CENTER November 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 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					
	<p>7:00am Step,Tone, Stretch^{\$,FP} (MPE)</p> <p>9:00am Open Art Studio (V)</p> <p>10:00pm Beginner Ukulele^{\$} (MPE)</p> <p>11:00pm Adv. Beg. Ukulele^{\$} (MPE)</p> <p>12:00pm Ukulele Jam Group (MPE)</p> <p>12:00pm Mah Jongg (MPW)</p> <p>12:00pm Social Bridge (G)</p> <p>2:00pm Resistance Bands^{\$} (MPE & Z)</p> <p>4:00pm Line Dancing^{\$,FP} (MPE)</p>	<p>8:00am Tai Chi, Cont.^{\$} (MPE)</p> <p>8:00am Therapeutic Yoga^{\$} (A & Z)</p> <p>9:15am Tai Chi, Basic^{\$} (MPE)</p> <p>10:30am Int'l Folk Dancing^{\$} (MPW)</p> <p>10:30am Chair Yoga^{\$} (MPE & Z)</p> <p>12:00pm Duplicate Bridge (G)</p> <p>1:00pm Paint With Joy^{\$} (MPW)</p> <p>2:30pm Pilates^{\$} (MPE & Z)</p> <p>6:30pm PM Aerobics^{\$,FP} (MPE)</p>	<p>7:00am Step,Tone, Stretch^{\$,FP} (MPE)</p> <p>10:00am Men's Social Group (G)</p> <p>10:00am Line Dancing^{\$,FP} (MPE)</p> <p>10:00am ATM - Strong Legs^{\$} (A)</p> <p>1:00pm Hem & Haw (A)</p> <p>1:00pm Genealogy Library Drop In (L)</p> <p>2:00pm Resistance Bands^{\$} (MPE & Z)</p>	<p>8:00am Tai Chi, Cont.^{\$} (MPE)</p> <p>8:00am Therapeutic Yoga^{\$} (A & Z)</p> <p>9:15am Tai Chi, Basic^{\$} (MPE)</p> <p>10:30am Chair Yoga^{\$} (MPE & Z)</p> <p>2:30pm Pilates^{\$} (MPE & Z)</p> <p>4:30pm Meditation for Stress^{\$} (Z)</p> <p>6:30pm PM Aerobics^{\$,FP} (MPE)</p>	<p>7:00am Step,Tone, Stretch^{\$,FP} (MPE)</p> <p>9:30am Watercolor (V)</p> <p>11:00am Meals on Wheels * (MPW)</p> <p>12:30pm Friday Films (G)</p> <p>12:30pm Zumba^{\$} (MPE & Z)</p> <p>1:00pm Genealogy Library Drop In (L)</p> <p>2:00pm Forever Fit^{\$} (MPE)</p>	
	SPECIAL AND ONCE A MONTH EVENTS					
				1	2	3
						Sat, 11/4, 9am - 2pm Holiday Craft Fair (MPR)
	6	7	8	9	10	 Veterans Day Center Closed, but MOW serving lunch
			9:00 am Legal Services* 1:30 pm Project Linus (MPW)	11:00 am Parkinson's Care Partners (G) 1:00 pm Sr Commission Mtg (A) 3:00 pm Book Club (Lg)		
	13	14	15	16	17	1:30 pm Chinese Culture Club (MPW)
		5:00 pm Mac Users Group (G)	9:00 am Monthly Walking Group (Ly) 5:00 pm Pickleball Clinic^{\$} (MPR)	9:00 am Caregiver Workshop (V) 11:00 am FitBit - Bone Health^{\$} (Z) 1:30 pm Parkinson's Support Grp (G)		
	20	21	22	23	24	 Center and MOW Closed
	11:30 am Thanksgiving Lunch^{\$} (MPW)		<i>Happy Thanksgiving</i> Center Closed			
27	28	29	30			
	1:00 pm Genealogy Meeting (V & Z)					