



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

December 2023

Volume 50 No. 12

FEATURED THIS MONTH

Deck The Halls!



Join us **Monday, December 4, at 9:30 a.m.** to decorate the Center in honor of December celebrations such as Hanukkah, Kwanzaa and Christmas. Meet new friends and enjoy light refreshments all while adding a festive flavor to our walls and “halls.”

Holiday Dessert Party



Come and indulge your sweet tooth! On **Friday, December 15, at 12 p.m.**, the Center will host a festive dessert party complete with sweet treats, hot drinks, games and great conversation! Register no later than Wednesday, December 13, at 4 p.m. at the front desk or at: www.cityofdavis.org. A donation of **\$5** is greatly appreciated. Add more fun by bringing a white elephant gift (\$5 or less) to exchange. Meals on Wheels offers in-person dining for persons 60+ every Friday at 11 a.m.; for details about the lunch program call 530-662-7035.

Smoke Detector Help



The Rotary Club of Davis will offer free smoke detector battery replacement to Davis residents between **9 a.m.— 12 p.m. on Saturday, December 2**. Batteries are installed by Rotary volunteers at no cost to residents. Call the Senior Center at 530-757-5696 to be added to the list and be sure to note how many smoke detectors you have in your home. It is recommended that you test your battery each month and change the battery every year.

Holiday Closures The Senior Center and other City offices will be closed to the public from **Monday, December 25, through Monday, January 1**, for the Christmas and New Year’s holidays. Meals on Wheels will provide lunch onsite at the Senior Center **Friday, December 29, at 11 a.m.** To make a reservation call 530-662-7035.

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.

Ever After



December 1 (2 hrs, 10 min, PG 13) 1998

This adaptation of the classic fairytale Cinderella tells the story of Danielle, a vibrant young woman who is forced into servitude after the death of her father. Danielle's stepmother, Rodmilla, is a heartless woman who forces Danielle to do the cooking and cleaning, but Danielle's life takes a wonderful turn when she meets the charming Prince Henry.

Book Club Next Chapter



December 8 (1 hr, 47 min, PG-13) 2023

This film follows the journey of four best friends as they take their book club to Italy for a fabulous girls trip.

Jingle all the way



December 15, 2023 (1hr 29 min PG) 1996

A father vows to get his son a Turbo Man action figure for Christmas. However, every store is sold out, and he must travel all over town and compete with everyone in order to find one.

Little Women



December 22 (1 hr, 55 min, PG 13) 1994

This American coming-of-age historical drama film is directed by Gillian Armstrong. The screenplay by Robin Swicord is based on Louisa May Alcott's 1868–69 two-volume novel of the same title, the fifth feature film adaptation of the classic story.

Senior Citizen Commission

The Commission meets at the Senior Center **Thursday, January 11, 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.

Vacation Checks



The Davis Police Department offers a Vacation House Check Program. Department volunteers will check your home on random days and times to make sure your home is secured while you are away. Go online to fill out an

application at <https://dpd.crimegraphics.com/2013/default.aspx>. Click on "vacation check" on the search options on the left column. For details, you can also contact the Police Department non-emergency line at 530-747-5400.

Many Thanks to...



Atria Covell Gardens for catering our wonderful Thanksgiving luncheon and Hem and Haw for donating \$350 from Craft Fair Sales to the Senior Center!

ACTIVITIES

Drop-In!

Welcome

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.
- **Open Art Studio:** Mondays, 9 a. m.
- **Parkinson's Care Partners Group:** Second and fourth Thursdays, 11 a.m.
- **Parkinson's Support Group:** Third Thursdays, 12:30 p.m. (Start time is earlier for December)
- **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



All are welcome to join us **Wednesday, December 13, at 1:30 p.m.** to attend and share ideas, patterns and lots of good conversation. Volunteers help sew labels on blankets given to local organizations serving children. Project Linus members may take home donated fabrics and yarn to complete a blanket. Finished blankets can be brought to the next gathering or to Joann's Fabric in Woodland. We currently are in need of fleece and fabric donations. For general information, blanket drop-off location questions, contact Diane McGee at dmyolo@gmail.com.

Chinese Culture Club:



Celebrate the Chinese culture with a fun and friendly group through games, films with subtitles, art, music and socializing. Everyone is welcome. **Friday, December 15, at 1:30 p.m.**

Hem & Haw

Want to crochet or knit your next project with other fabric artists? Come **Wednesdays, 1-3 p.m.** for conversation and creativity! Many thanks to these volunteers for donating \$351 in revenue from Craft Fair sales to the Senior Center.

Ukulele Holiday Songs



The next two-week one hour class of in person ukulele lessons will focus on holiday songs. are **Mondays, December 11 and 18, at 11 a.m. \$10.** This will be an advanced/beginner class.

SPECIAL INTEREST

Affordable Holiday Cards Available



Our Center sells a wide selection of donated holiday cards at the low price of 10 cards for \$1, or individually for \$0.10 each. Take a look at

the display table near the Seventh Street entrance and in the A Street lobby. Browse the selection, and support center services and programs with your purchase.

Jewelry Display: Holiday Sale



Our pre-holiday sale on select jewelry items begins **Monday, December 4**. Visit the jewelry display case at the Senior Center to pick up

fabulous gifts for your family and friends. New items are always being added. Proceeds support Center programs and services.

Make a Year-end Gift

We hope you will consider making an end-of-the-year gift to support the Davis Senior Center. Your donations are tax-deductible and are critical to programs such as the Dianne Hinsz Scholarship Fund as well as for equipment purchased for center services and activities.

How to Support the Senior Center

Donate by mail: make check payable to either "Davis Senior Services Endowment Fund" or "Davis Senior Services Improvement Fund" and mail to:

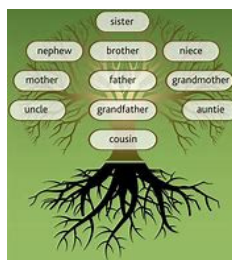
Yolo Community Foundation

P.O. Box 1264, Woodland, CA 95776

Donate online: go to www.sacregcf.org. Click on "donate."

For more information, contact Maria Lucchesi at the Davis Senior Center at 530-757-5696.

Genealogy Club



Although the Club will not hold a regular program meeting in December, it will kick off the new year with a January hybrid meeting and program (to be determined). The club is working on inviting excellent speakers to

present to us in 2024, so please check the website for updates. The members' discussion group continues to meet on Monday afternoons via Zoom, which is a great forum for questions. Club membership is \$15 per year, and the club welcomes folks with all levels of research experience.

The Genealogy Library is revamped and once again open to the public on **Wednesdays and Fridays from 1 p.m.-3:30 p.m.** through the end of the year, with new hours coming in January. Make a plan to visit and work on your family tree. You may find a clue that helps break down that brick wall!

To learn more about the Davis Genealogy Club or Library, including a list of our holdings, please visit their website at DavisGenealogy.org.

Watercolor Group Potluck



The Senior Center Watercolor Group will host their Appreciation Brunch honoring volunteer instructors and Center staff on **Friday, December 1, at 10 a.m.** This is

a potluck. Please bring enough to serve six to eight people and label any special foods, such as vegan, sugar free, gluten free, lactose free, etc. Bring serving utensils for your dish. We will supply plates, cups, glasses, flatware, napkins, coffee and tea. We will have a gift exchange. The rest of December is open studio with no instructor. If you have questions, please contact dosuga@yahoo.com.

Fitness/Wellness Classes

Hybrid classes are in-person with a Zoom option.
Rates listed are for the full session.

- **Awareness Through Movement: Walking**
Wednesdays, 10 a.m. **November 29-December 13. \$19**
- **Forever Fit:** Fridays, 2 p.m. **December 1-22, \$16**(Hybrid)
- **International Folk Dance:** Tuesdays, 10:30 a.m. **December 5-19, \$19**
- **Line Dancing:** Wednesdays 10 a.m.-12 p.m., Thursdays, 4-6 p.m., (Flex Pass class)
- **Meditation for Stress Relief:** Thursdays, 4:30 p.m. **December 7-21, \$8** (Zoom)
- **Pilates:** Tuesdays & Thursdays, 2:30 p.m. **December 5-21, \$38**(Hybrid)
- **PM Aerobics:** Tuesdays & Thursdays, 6:30 p.m. (Flex Pass class)
- **Resistance Bands:** Mondays & Wednesdays, 2 p.m. **December 4-20, \$18** (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. **December 5-21, \$38**
- **Yoga-Chair:** Tuesdays, 10:30 a.m. **December 5-19, \$19**
- **Yoga-Chair:** Thursdays, 10:30 a.m. **December 7-21, \$19**
- **Yoga-Therapeutic:** Tuesdays 8 a.m. **December 5-19, \$29**
- **Yoga-Therapeutic:** Thursdays 8 a.m. **December 7-21, \$19**
- **Zumba:** Fridays, 12:30 p.m. **December 1-22, \$25** (Hybrid)

Our Most Affordable Workouts

The Center's resistance bands class meets Mondays and Wednesdays and Forever Fit meets Fridays with hand weights. Classes build strength, increase flexibility and muscle tone in a fun, supportive environment. Most exercises are done from a seated position. It's affordable, so you won't feel bad if you have to miss a few sessions. See details on sessions and price on the left side column.

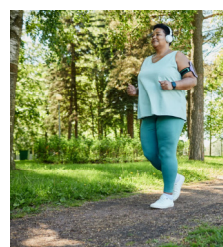
Reduce Back Pain



December's FitBit, the last of this series, covers exercises to alleviate lower back pain. Join FitDeb on Zoom for the 30-minute FitBit on **Thursday, December 21, at**

11 a.m. This virtual mini workshop will be recorded and available to all registrants. Contact the Davis Senior Center at 530-757-5696 to sign-up. Cost is \$15 for the three-part series, which includes recordings of previous classes.

Awareness Through Movement



Walking is one of our best health boosters. Explore strategies for improving how you walk while sitting, standing, and, yes, walking around. 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**

Winter Walk

Walks begin at the Center A Street Lobby and go to the UC Davis campus and part of the Arboretum. **Wednesday, December 13, at 9 a.m.** and return by 11:30 a.m.

Davis Travelaires

Davis Travelaires' newest day trip to the Rosie the Riveter Visitor Center in Richmond, February 21, 2024, is now open for registration. Rosie the Riveter rose to stardom as a symbol of the American civilian workers who supported the war effort during WWII. At the visitor center, you can explore educational exhibits, watch documentaries and try out a rivet station interactive display as you learn about how these women built the war supplies that powered the U.S. military to victory. We will enjoy lunch at the Assemble Kitchen, adjacent to the visitor center. The following trips are open for registration:

- **California Academy of Sciences**, (Wednesday, December 13, 2023)
- **Charles Schulz Museum**, Santa Rosa (Wednesday, January 17, 2024)
- **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



DAVIS SENIOR CENTER December 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					
	7:00am Step,Tone, Stretch ^{\$,FP} (MPE) 9:00am Open Art Studio (V) 11:00pm Holiday Songs Ukulele ^{\$} (MPE) 12:00pm Ukulele Jam Group (MPE) 12:00pm Mah Jongg (MPW) 12:00pm Social Bridge (G) 2:00pm Resistance Bands ^{\$} (MPE & Z)	8:00am Tai Chi, Cont. ^{\$} (MPE) 8:00am Therapeutic Yoga ^{\$} (A & Z) 9:15am Tai Chi, Basic ^{\$} (MPE) 10:30am Int'l Folk Dancing ^{\$} (MPW) 10:30am Chair Yoga ^{\$} (MPE) 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 Walking ^{\$} (A) 1:00pm Hem & Haw (A) 1:00pm Genealogy Library Drop In (L) 2:00pm Resistance Bands ^{\$} (MPE & Z)	8:00am Tai Chi, Cont. ^{\$} (MPE) 8:00am Therapeutic Yoga ^{\$} (A & Z) 9:15am Tai Chi, Basic ^{\$} (MPE) 10:30am Chair Yoga ^{\$} (MPE) 2:30pm Pilates ^{\$} (MPE & Z) 4:00pm Line Dancing ^{\$,FP} (MPE) 4:30pm Meditation for Stress ^{\$} (Z) 6:30pm PM Aerobics ^{\$,FP} (MPE)	7:00am Step,Tone, Stretch ^{\$,FP} (MPE) 9:30am Watercolor (V) 11:00am Meals on Wheels * (MPW) 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					
						1
						Sat, 12/2, 9-11am Smoke Detector/ Battery Replacement
	9:30 am Decorate The Center (Ly)	4	5	6	7	8
	11	12	13	14	15	15
		5:00 pm Mac Users Group (G)	9:00 am Walking Group (Ly) 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)	12:00 pm Holiday Dessert Party* (V) 1:30 pm Chinese Culture Club (MPW)	
	18	19	20	21	22	22
		1:00 pm Genealogy Group (G)		11:00 am FitBit - Back Pain^{\$} (Z) 12:30 pm Parkinson's Support Grp (MPW)		
 25	 26	 27	 28	 29		
Senior Center closed	Senior Center closed	Senior Center closed	Senior Center closed	Senior Center closed, MOW open		