



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

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January 2024

Volume 51 No. 1

FEATURED THIS MONTH

Coffee and Connection



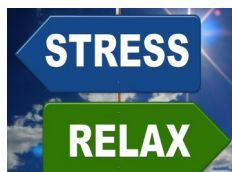
Come visit the center and enjoy some light refreshments while meeting other newcomers. Learn all about our programs and services and see some classes in action! Gather **Tuesday, January 23, 9:30 a.m. – 10:30 a.m.** in the Game Room by the Seventh Street entrance. No RSVP needed.

Jazz It Up!



The Senior Center is adding Jazz Jams! **Every third Wednesday from 3 p.m. - 5 p.m.**, we welcome musicians who are proficient in their instrument but new to jazz. Every **fourth Wednesday from 3 p.m. – 5 p.m.** we'll host a more experienced jam for those proficient in jazz. A nominal fee of \$5 is requested. Bring your instrument and we'll supply the music. Register in person or online. For more details contact the Senior Center.

Stress and Pain Management



Join this new **Wednesday morning 8:30 a.m.** meditation class starting January! Participants will sit in regular chairs or lay down on the ground using pillows and blankets to become more comfortable while learning techniques such as breath work and visualizations. This new offering is a Flexpass class that allows you to drop-in and only pay for the classes you attend. For Flexpass classes see page 5.

Coffee with a Cop

Talk to local law enforcement to learn about community programs and services and bring your questions and concerns. Coffee and light refreshments provided. **Tuesday, January 16, at 9:30 a.m.**

Holiday Closures The Senior Center and other City offices will be closed **Monday, January 1,** for the New Year holiday and **Monday, January 15,** for the Martin Luther King, Jr. holiday.

ACTIVITIES

Friday Films

Bring a friend and join us at the Senior Center every Friday at 12:30 p.m.

Sound of Music



January 5 (2 hrs, 52 min, PG 13)
1965

Set in the 1930's, a young novice is sent by her convent to become a governess to the seven children of a widowed naval officer.

Field of Dreams



January 12 (1 hr, 47 min, PG-13)
2023

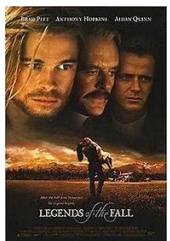
A farmer who builds a baseball field in his cornfield attracts the ghosts of baseball legends, including Shoeless Joe Jackson and the Chicago Black Sox.

Boycott



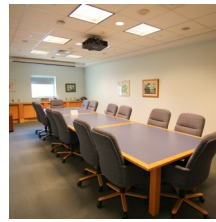
January 19 (1 hr 58 min PG) 2001
Black Americans boycott the public buses during the 1950's civil rights movement.

Legends of the Fall



January 26 (2 hr 13 min R) 1994
In the early 1900's, three brothers and their father living in the remote wilderness of Montana are affected by betrayal, history, love and war.

Senior Citizen Commission



The Commission meets at the Senior Center **Thursday, February 8, at 1 p.m.** This month we will receive an update on the **Patio Project**. 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. Members of the public are encouraged to attend and share comments and concerns.

Try Ukulele!



Join us Mondays, **January 22–February 12** for ukulele classes. The Beginner class starts at 10 a.m. and Advanced Beginners at 11 a.m. \$20 In addition to formal classes, the center offers free drop-in Ukulele

jam sessions at 12 p.m.

Watercolor Group



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

Class starts promptly at 9:30 a.m.

The teachers change monthly. Classes range 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.

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.
- **Jazz Jam-Beginner:** Third Wednesdays, 3 p.m.
- **Jazz Jam-Experienced:** Fourth Wednesdays, 3 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 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.

Chinese Culture Club:



Celebrate the Chinese culture with a friendly group through games, films with subtitles, art, music and socializing. Everyone is welcome. **Friday, January 19, at 1:30 p.m.**

Project Linus



Special thanks to Diane McGee, Chapter Coordinator who has stepped down from her role after 16 wonderful years of care and dedication. All are welcome to

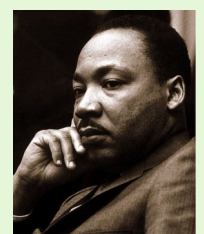
join us **Wednesday, January 10, at 1:30 p.m.** to attend and share ideas, patterns and lots of good conversation. Volunteers help sew labels on blankets given to local organizations serving children. Project Linus members may take home donated fabrics and yarn to complete a blanket. Finished blankets 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, contact the Senior Center.

Hem & Haw

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

"Darkness cannot drive out darkness: only light can do that. Hate cannot drive out hate: only love can do that."

— Martin Luther King Jr.



SPECIAL INTEREST

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.

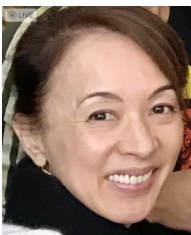
Mah Jongg Lessons



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

Thursdays, February 15, 22, 29 and March 7, from 1 p.m. - 3:30 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.

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, January 9 - 30, 1 p.m. - 3 p.m.**

Need Tech Help?

Need help with a smart phone, creating a PowerPoint or surfing the web? Want information on the latest Mac software update or device? The Senior Center offers something for everyone. Tech tutoring is available by appointment, and the **Mac Users Group meets every second Tuesday at 5 p.m.** Drop by or call for details.

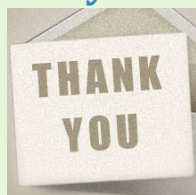
Genealogy Club

The Davis Genealogy returns with a hybrid meeting and program on **Tuesday, January 16 at 1 p.m.** by welcoming back to the big screen genealogist Sara Cochran with her popular talk, "From a Box in the Closet to a Treasured Family Heirloom." If you're overwhelmed by the collection of photos your family has accumulated, you're not alone! Topics include a brief history of photography, organizing techniques, digitization basics, and options/ideas on what to do with your photos to be enjoyed by generations instead of collecting dust or lost in a potential disaster. Sara has over 25 years of experience and works as a full-time professional genealogist. Known as "The Skeleton Whisperer," Cochran actively consults and teaches, both virtually and locally in Riverside. The members' discussion group meets on Monday afternoons via Zoom and the Club also offers a DNA Study Group. Membership is just \$15 per year, and folks with all levels of research experience are welcome. The Genealogy Library is open to the Wednesdays from 1 p.m.-3:30 p.m. and Fridays from 11:30 a.m. - 2 p.m. To learn more, please visit their website at DavisGenealogy.org.

National Elder Fraud Hotline

If you or someone you know has been a victim of elder fraud, help is available by calling **833-372-8311**, Monday through Friday 10 a.m. - 6 p.m. eastern time. English, Español and other languages are available. This program is funded through the Department of Justice, Office for Victims of Crime.

Many Thanks to...



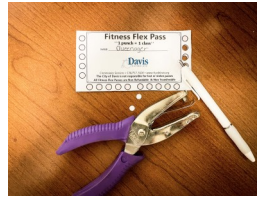
To the Genealogy Club for donating \$750 to support programs and services at the Senior Center! We appreciate the wonderful service you provide.

Fitness/Wellness Classes

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

- **Awareness Through Movement: Ribs**
Wednesdays, 10 a.m. **January 3-24, \$25**
- **Forever Fit:** Fridays, 2 p.m. **January 5-26, \$16** (Hybrid)
- **International Folk Dance:** Tuesdays, 10:30 a.m. **January 2-30, \$32**
- **Line Dancing:** Wednesdays 10 a.m.-12 p.m., Thursdays, 4-6 p.m. (Flex Pass class)
- **Evening Meditation on Zoom:** Thursdays, 4:30 p.m. **January 4-25, \$16** (Zoom)
- **Morning Meditation In Person:** Wednesdays, 8:30 a.m. (Flex Pass class)
- **Pilates:** Tuesdays & Thursdays, 2:30 p.m. **January 2-30, \$57** (Hybrid)
- **PM Aerobics:** Tuesdays & Thursdays, 6:30 p.m. (Flex Pass class)
- **Resistance Bands:** Mondays & Wednesdays, 2 p.m. **January 3-31, \$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. **January 2-30, \$57**
- **Yoga-Chair:** Tuesdays, 10:30 a.m. **January 2-30, \$32**
- **Yoga-Chair:** Thursdays, 10:30 a.m. **January 4-25, \$25**
- **Yoga-Therapeutic:** Tuesdays 8 a.m. **January 2-30, \$47**
- **Yoga-Therapeutic:** Thursdays 8 a.m. **January 4-25, \$38**
- **Zumba:** Fridays, 12:30 p.m. **January 5-26, \$25** (Hybrid)

Flex Pass Classes



The Flex Pass is a pre-paid punch card that works for specific classes offered throughout the week at the Senior Center. Only pay for what you use, or try different

classes. Check out the list of options below. For details, call us at 530-757-5696 or look online at www.cityofdavis.org (click the “Recreation Online” icon, then click the “Fitness Flex Pass” tab).

- **Sunrise Step, Tone, and Stretch:** Mondays, Wednesdays, Fridays, 7 a.m.
- **PM Aerobics:** Tuesdays & Thursdays, 6:30 p.m.
- **Line Dancing:** Wednesdays 10 a.m. - 12 p.m., Thursdays, 4 p.m.—6 p.m., (Flex Pass class)
- **Morning Meditation for Stress and Pain Management:** Wednesdays 8:30 a.m. - 9:30 a.m.

Awareness Through Movement

This month, we will focus on supple ribs: having ribs that are more like a willow basket than a cage can go a long way to help one feel more agile and be less likely to fall. We will explore small movements slowly to create this flexibility.

Wednesdays, January 3-24 at 10 a.m. \$25

Winter Walk

Walks begin at the center’s A Street lobby. Walkers will go to the UC Davis campus and part of the Arboretum. **Wednesday, January 10, at 9 a.m.**, returning by 11:30 a.m.

Help Paying for Classes

The Senior Center has scholarships available for all who qualify. Once approved, these funds can be used to pay for most fitness or special interest classes that we offer. Call 530-757-5696 for more details on how to apply.

Davis Travelaires

Davis Travelaires' newest day trip to see "Funny Girl" at the Orpheum Theatre in San Francisco is now open for registration. The show dazzles with celebrated classic songs, including "Don't Rain On My Parade," "I'm the Greatest Star" and "People." This bittersweet comedy is the story of the indomitable Fanny Brice, a girl from the Lower East Side who dreamed of a life on the stage. Everyone told her she'd never be a star, but then something funny happened—she became one of the most beloved performers in history, shining brighter than the brightest lights of Broadway. We will enjoy lunch at Max's Opera Café before the matinee performance.

The following trips are open for registration:

- **Charles Schulz Museum**, Santa Rosa (Wednesday, January 17, 2024)
- **Rosie the Riveter**, Richmond (Wednesday, February 21, 2024)

- **"Funny Girl,"** San Francisco (Wednesday, May 8, 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

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

DAVIS SENIOR CENTER
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