



The Scene

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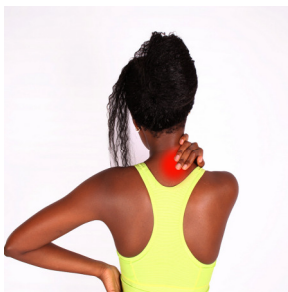
FEATURED THIS MONTH

Viva Mexico!



It's not too late to register for our upcoming International Party celebrating Mexico. This luncheon takes place **Thursday, April 4, at noon** and is hosted by the Californian. We'll have themed entertainment, a special luncheon menu and more. Tickets are only \$15, and proceeds support the programs and services at the Senior Center. Please RSVP by 12 p.m. on Monday, April 1.

Awareness Through Movement: Neck and Shoulders



This Awareness Through Movement series will focus on creating ease through your neck and shoulders. By exploring small movements slowly, but with full attention, you'll reduce aches and pains. Learn how overuse of neck and shoulders can create discomfort in other areas of the body. Lessons are done while lying on a cushioned mat. Taught by favorite longtime instructor Jeannette Hogan who is certified in the Feldenkrais Method. **Wednesdays, April 3 - 24 at 10 a.m. \$25**

Health Insurance Help



Wondering how to sign up for Medicare now that you are almost 65? Confused about all the different parts to Medicare? Do you need A, B, C, D? HICAP (Health Insurance Counseling and Advocacy Program) provides free, confidential, one-on-one counseling, education and assistance to individuals and their families on Medicare, Long-Term Care insurance, other health insurance related issues and planning ahead for Long-Term Care needs. Learn all about the program on **Wednesday April 10, at 10 a.m.**

ACTIVITIES

Friday Films

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

Damsel



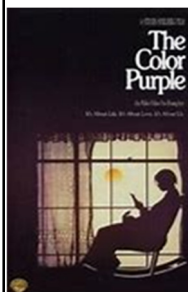
April 5 (1 hr, 50 min, PG-13) 2024
A dutiful damsel agrees to marry a handsome prince, only to find the royal family has recruited her as a sacrifice to repay an ancient debt.

Fools Rush In



April 12 (1 hr, 49 min, PG) 1997
After a one-night stand with Alex, Isabel realizes that she is pregnant, and they decide to get married. However, along with the marriage comes compromise of one's own cultural traditions.

The Color Purple



April 19 (2 hr, 34 min, PG) 1985
The film tells a tale spanning 40 years in the life of Celie, an African-American woman living in the south who survives incredible abuse and bigotry.

Walk the Line



April 26 (2 hrs, 16 min PG-13) 2005
A chronicle of country music legend Johnny Cash's life, from his early days on an Arkansas cotton farm to his rise to fame with Sun Records.

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. Class starts promptly at 9:30 a.m. The teachers change monthly. Classes range through all skill levels.

Paint with Joy

In this painting class, students will find their unique creativity and have fun discovering the mediums of acrylics and oils. Local artist Naomi Bautista will share different techniques with different media, but will begin this first session with acrylics to create a simple still life and move on to landscapes.

Tuesdays, April 2 – 23 from 1–3 p.m. \$60.

Senior Citizen Commission

The Commission typically meets the **second Thursday of each month 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. Members of the public are encouraged to attend.

Honoring Service Members



On **Wednesday, May 29, from 12 -1:30 p.m.**, we welcome everyone to join us in thanking veterans for their service. Atria Covell Gardens will provide appetizers and dessert for this event. If you are a veteran and would like to share a story, please contact Sandy Alvarez-White at 530-757-5696 or email salvarez@cityofdsavis.org no later than May 22. We would like create a booklet sharing experiences of your service. **\$8.**

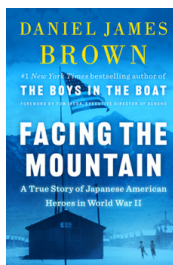
ACTIVITIES

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 Thursdays, 2 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 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, 11:30 a.m.
- **Watercolor Group:** Fridays, 9:30 a.m.

Book Club



This month, we are reading “Facing the Mountain: A True Story of Japanese American Heroes in World War II” by Daniel James Brown. All are welcome to join us every **second Thursday at 2 p.m.**

Chinese Culture Club

Everyone is welcome to join this friendly group to learn about the Chinese culture on **Friday, April 19, at 1:30 p.m.** Many thanks to the volunteers who performed for our wonderful Chinese New Year event!

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 in the Multipurpose room on **Wednesday, April 10, at 1:30 p.m.** to share ideas, patterns and lots of good conversation. Handmade blankets are given to Yolo County organizations that serve children in need. Project Linus members may take home fabrics and yarn each month to complete a blanket. Finished blankets can be brought to the next monthly gathering or to the Joann's Fabric store in Woodland. For general information, blanket drop-off location questions or fabric and yarn donations, contact Deanne Meyer at deannemeyer@gmail.com.

Hem & Haw

Want to crochet or knit your next project with other fabric artists? Join this wonderful group of friendly folks! **Wednesdays at 1 p.m.**

SPECIAL INTEREST

Folk Dance Fun!

Folk dancing is a terrific form of low-impact exercise. No previous experience required and no partner required. **Tuesdays at 11 a.m. April 2-30. \$32** (Flex Pass class or by session)

HICAP Hours Expanded

Certified counselors from HICAP (the Health Insurance Counseling and Advocacy Program) are now at Davis Senior Center twice each month for in-person, one-on-one appointments. Medicare beneficiaries and others with questions about enrolling may schedule appointments at 10 a.m. or 11:30 a.m. on the first and third Tuesdays by calling 916-376-8915. Telephone appointments are also available other days each month.

HICAP counselors can assist with a wide range of Medicare-related issues. Call and make an appointment to see a HICAP counselor today!

Ukulele Classes

Classes are taught **Monday, April 22, through May 13**. The Beginner class starts at 10 a.m. and Advanced Beginners at 11 a.m. We also offer free drop-in ukulele jam sessions at 12 p.m. **\$19**

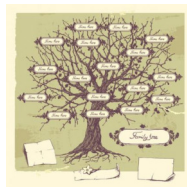
Davis Travelaires Travel Talk



Join the Davis Travelaires on **Thursday, April 25, at 12:30 p.m.** to learn more about their upcoming day trips as well as their new **Alaska cruise aboard the Crown**

Princess, July 20-31, 2024. Kelly Neumeister from Alamo Travel will preview the cruise and answer all of your questions. You can also enjoy some refreshments, mingle with other travelers and enter to win a \$50 Davis Travelaires gift certificate. We hope to see you there.

Genealogy Club



On **Tuesday, April 16, at 1 p.m.**, the Davis Genealogy Club invites the public to the free talk, **"Bring Tools and Friends to Raise a Family Tree"** by active club member and

local genetic genealogy expert Jonathan Long. Come in person to see this live presentation at the Davis Senior Center or join by Zoom. Zoom guest passes are available via email by contacting President@DavisGenealogy.org.

Jonathan will show us how to build our family trees using a combination of tools in collaboration with fellow genealogists and descendants. We'll learn to leverage a variety of DNA tests and techniques, including traditional research and family lore, surname projects and collaborative family tree websites, all to reconnect people and break through brick walls.

Jonathan started genealogy research as a teenager and has over two decades of experience using DNA. Jonathan additionally shares his insights during the Club's bi-monthly DNA Study Group meetings for members. Browse our free book table and enjoy light refreshments following this lively talk.

Library News: On meeting days, the Genealogy Library (in the Davis Senior Center) is open from noon to 1 p.m., prior to the meeting. **New hours are Wednesdays, 1 p.m. - 3:30 p.m. and Fridays, 11:30 a.m. - 2 p.m.** Researchers at all levels are invited to drop in and talk to a volunteer! Visit DavisGenealogy.org for more upcoming events.

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.

Fitness/Wellness Classes

Hybrid classes are in-person with a Zoom option.

Rates listed are for the full session.

- **Awareness Through Movement - Neck & Shoulders:** Wednesdays, 10 a.m. **April 4-24, \$25**
- **Forever Fit:** Fridays, 2 p.m. **April 5-26, \$16** (Hybrid)
- **International Folk Dance:** Tuesdays, 11 a.m. **April 2-30, \$32** (Flex Pass class or by session)
- **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. **April 4-25, \$16** (Zoom)
- **Morning Meditation In Person:** Wednesdays, 8:30 a.m. (Flex Pass class)
- **Pilates:** Tuesdays & Thursdays, 2:30 p.m. **April 2-30, \$57** (Hybrid)
- **PM Aerobics:** Tuesdays & Thursdays, 6:30 p.m. (Flex Pass class)
- **Resistance Bands:** Mondays & Wednesdays, 2 p.m. **April 1-29, \$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. **April 2-30, \$57**
- **Yoga-Chair:** Tuesdays, 10:30 a.m. **April 2-30, \$32**
- **Yoga-Chair:** Thursdays, 10:30 a.m. **April 4-25, \$25**
- **Yoga-Therapeutic:** Tuesdays 8 a.m. **April 2-30, \$47**
- **Yoga-Therapeutic:** Thursdays 8 a.m. **April 4-25, \$38**
- **Zumba:** Fridays, 12:30 p.m. **April 5-26, \$25** (Hybrid)

Walk Your Way to Better Health



Start your morning walk from the Senior Center! Walks usually go to the UC Davis campus and the Arboretum. **Wednesday, April 17 at 9 a.m.**, returning by 11:30 a.m.

Walking for **30 minutes a day** offers a host of health advantages. Here are some key benefits:

- **Cardiovascular Health:** Regular walking improves heart health by enhancing circulation, reducing blood pressure and lowering the risk of heart disease.
- **Weight Management:** Walking helps burn calories, aiding in weight control. It's an effective way to maintain or lose weight.
- **Mood Enhancement:** A brisk walk stimulates the release of endorphins, which elevate mood and reduce stress and anxiety.
- **Muscle Strength:** Walking engages various muscle groups, including the legs, core and glutes, promoting overall strength.
- **Bone Health:** Weight-bearing activities like walking enhance bone density, reducing the risk of osteoporosis.
- **Improved Digestion:** Walking aids in digestive processes and may alleviate symptoms like bloating and constipation.
- **Better Sleep:** Regular physical activity, including walking, contributes to better sleep quality.
- **Boosted Immunity:** Walking supports the immune system, helping you stay healthier.

Remember, consistency matters! Whether it's a leisurely stroll, a brisk walk or a power walk, dedicating 30-minutes daily to walking can significantly enhance your well-being.

Davis Travelaires

The Davis Travelaires' newest trip, an 11-day Alaskan cruise aboard the Crown Princess, will give you a front row seat to the world's most breathtaking glaciers, charming ports and amazing wildlife. Ports include Ketchikan, Sitka, Juneau, the Tracy Arm Fjord and Victoria Canada. The ship will cruise round-trip from San Francisco, and transportation is included from the Davis Target to the cruise port. Find out more about this cruise and our upcoming day trips at our "Travel Talk" trip preview on Thursday, April 25, at 12:30 p.m. at the Senior Center. The following trips are open for registration:

- **"Funny Girl,"** San Francisco (Wednesday, May 8, 2024)
- **NEW: Capay Valley Lavender & Cache Creek Casino,** (Wednesday, June 12, 2024)

- **Alaskan Cruise Aboard the Crown Princess** (July 20-31, 2024)
- **Hawaiian Islands Cruise** (November 9-16, 2024)
- **Rhone River Cruise,** France: Lyon to Provence & the Cote d'Azur (April 15-27, 2025) singles are sold out
- **Ireland in Depth,** Dublin to Galway (August 9-23, 2025) singles are sold out

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

April 2024 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>10:00am Beginner Ukulele^{\$} (MPE) <i>starting 4/22/2024</i></p> <p>11:00am Adv. Beg. Ukulele^{\$} (MPE) <i>starting 4/22/2024</i></p> <p>11:30am Ukulele Jam Group (MPE) <i>(12:00pm start time eff 4/22 - 5/13)</i></p> <p>12:00pm Mah Jongg (V)</p> <p>12:00pm Social Bridge (G)</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>11:00am Int'l Folk Dancing^{\$} (MPW)</p> <p>10:30am Chair Yoga^{\$} (MPE)</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>8:30am Morning Meditation^{\$,FP} (A)</p> <p>10:00am Men's Social Group (MPW)</p> <p>10:00am Line Dancing^{\$,FP} (MPE)</p> <p>10:00am ATM - Neck & Shoulders^{\$} (A)</p> <p>10:00am Matter of Balance* (V)</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)</p> <p>2:30pm Pilates^{\$} (MPE & Z)</p> <p>4:00pm Line Dancing^{\$,FP} (MPE)</p> <p>4:30pm Evening Meditation^{\$} (Z)</p> <p>6:30pm PM Aerobics^{\$,FP} (MPE)</p>	<p>7:00am Step,Tone, Stretch^{\$,FP} (MPE)</p> <p>9:00am Watercolor (V)</p> <p>11:00am Meals on Wheels* (MPW)</p> <p>11:30pm Genealogy Library Drop In (L)</p> <p>12:30pm Friday Films (G)</p> <p>12:30pm Zumba^{\$} (MPE & Z)</p> <p>2:00pm Forever Fit^{\$} (MPE)</p>	
				<p>Tax Aide (ending 4/11/2024) - Call 530-324-5007 for appointments Wednesdays 9-4:30 pm Thursdays 9-1 pm</p>		
	SPECIAL AND ONCE A MONTH EVENTS					
		1	2	3	4	5
					12:00 pm Viva Mexico Lunch^{\$} (MPW)	
		8	9	10	11	12
			5:00 pm Mac Users Group (G)	10:00 am Health Insurance Talk (Lg) 1:30 pm Project Linus (MPW)	11:00 am Parkinson's Care Partners (A) 1:00 pm Sr. Commission Mtg. (A) 2:00 pm Book Club (Lg)	
		15	16	17	18	19
			1:00 pm Genealogy Meeting (V)	9:00 am Walking Group (Ly) 3:00 pm Beg. Jazz Jam^{\$} (Lg)	1:30 pm Parkinson's Group (MPW)	1:30 pm Chinese Culture Club (MPW)
	22	23	24	25	26	
			3:00 pm Int. Jazz Jam^{\$} (Lg)	11:00 am Parkinson's Care Partners (G) 12:30 pm Travelaires Travel Talk* (V)		
	29	30				