



The Scene

646 A Street, Davis, CA 95616

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Office hours: M-F 9:00-4:00 p.m.

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May 2024

Volume 51 No. 5

FEATURED THIS MONTH

Celebrating Moms



In celebration of all types of moms, and whether you are one or not, please come and enjoy some fruit, pastries, charcuterie, croissants and more with coffee or tea on **Wednesday, May 15, at 10:30 a.m.** Food will be followed by a bingo game and raffle. RSVP by Tuesday, May 14. **Cost \$5**

Appreciating our Veterans



On **Wednesday, May 29, from 12-1 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 salvarez-white@cityofdavis.org or call 530-757-5696 no later than May 22. We would like to create a booklet sharing experiences of your service. **Cost \$8.** Space is limited so please RSVP by Friday, May 24.

A Cup of Positivi-Tea



Join us for a fun and festive high tea featuring a variety of savory delicious sandwiches and desserts along with an assortment of teas on **Wednesday, June 26, at 12 p.m.** Just a few of the menu items include cucumber and cream cheese sandwiches, egg salad sandwiches, scones with a variety of jams, cream puffs and much more! Each table will have its own unique theme, and we encourage you to get creative and wear high tea attire! **Cost \$15**

Walking with Poles...See page 5.

ACTIVITIES

Friday Films @12:30 p.m.

Fiddler on the Roof



May 3 (3 hrs, 1 min PG-13); 1971
In pre-revolutionary Russia, a Jewish peasant with traditional values struggles with marrying off three of his daughters while growing antisemitism threatens his village.

Jane Eyre



May 10 (1 hr, 52 min PG-13); 1996
Jane Eyre is an orphan cast out as a young girl by her aunt, Mrs. Reed, and sent to be raised in a harsh charity school for girls. There, she learns to become a teacher and eventually works at Thornfield Hall.

The Mummy



May 17 (2 hrs, 4 min PG-13); 1999
During an archaeological dig, an American serving in the French Foreign Legion accidentally awakens a mummy who begins to wreak havoc as he searches for the reincarnation of his long-lost love.

Saving Private Ryan



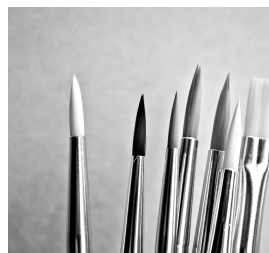
May 24 (2 hrs, 49 min Rated R); 1998. Following the Normandy landings, a group of U.S. soldiers go behind enemy lines to retrieve a paratrooper whose brothers have been killed in action.

Selena



May 31 (2 hrs, 7 min PG-13) 1997
The true story of Selena, a Texas-born, Tejano singer who rose from the cult status to performing at the Astrodome, as well as having chart-topping albums on the Latin charts.

Watercolor Group



The Watercolor Group meets **Friday mornings at 9 a.m.** On April 19 the class was visited by Katie Bolich from Play Studio, and a grant was approved for a camera and large screen to project painting

demonstrations. This new tool is an indispensable part of instruction and greatly enhances the classroom experience. Many thanks from the watercolor group and center staff to Play Studio, Katie, and to Matt Conors, Katie's father, and longtime watercolor instructor who initiated the request for the grant.

Coffee with a Cop



This time our topic is rules of the road and other tips for safely riding your bike around town and through the greenbelts. Join Sergeant John Renger to discuss best routes, best practices, proper lighting, maintenance and much more. **Coming June!**

Senior Citizen Commission



The Commission typically meets the **second Thursday of each month at 1 p.m.** Agenda packets will be posted online at [https://](https://www.cityofdavis.org/city-hall/commissions-and-committees/senior-citizen-commission)

www.cityofdavis.org/city-hall/commissions-and-committees/senior-citizen-commission. To contact or send comments to the Senior Citizen Commission, email SCC@cityofdavis.org.

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

All are welcome to join us every **second Thursday at 2 p.m.** Our book this month is *Tom Lake, A Novel* by Ann Patchett.

Chinese Culture Club

Everyone is welcome to join this friendly group to learn about the Chinese culture on **Friday, May 17, at 1:30 p.m.**

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, May 8, 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. We are currently in need of yarn donations. Our next three meetings are May 8, June 12 and July 10, all at the same time and place. For general information, blanket drop-off location questions or fabric and yarn donations, contact Deanne Meyer, 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

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. **Cost \$19**

Jazz It Up!

Play with or listen to the Jazz Jams! **Every third Wednesday from 3 - 5 p.m.** we welcome musicians who are proficient in their instrument but new to jazz. **Every fourth Wednesday from 3– 5 p.m.** we'll host a more experienced jam. For more details contact the Senior Center.

The Gift of Giving

We gratefully acknowledge the following groups for their contributions to the Senior Center from January - April 2024:

Hem & Haw	\$ 92
Mah Jongg	\$ 29
Members of Project Linus	\$ 222
Social Bridge	\$ 110
Ukulele Jam Group	\$ 127

Thank you also to those who donated toward the following:

Coffee/Snacks	\$ 131
Display Case Jewelry Sale	\$ 408
Greeting Cards / Copier	\$ 106
International Day (Viva Mexico)	\$ 675
Medical Equipment	\$ 1,884
Misc. & General Donations	\$ 367
Tax Help	\$ 30
Tech Tutoring	\$ 20
Valentine Luncheon	\$ 650
Waldorf Fiddlers event	\$ 190
Total :	\$ 5,041

Donations Needed

We are still accepting tea pots and sets, jewelry, and baskets for raffles.

Genealogy Club



On **Tuesday, May 21, at 1 p.m.** the Davis Genealogy Club invites the public to the free, in-person/hybrid talk **"Carved in Stone: Cemetery Research,"** by genealogist

Pamela Bell Dallas. We will learn how to read tombstone symbols, do gravestone rubbings and gain more from cemetery research through proper preparation. Zoom guest passes are available by contacting President@DavisGenealogy.org. Browse the free book table and enjoy light refreshments and socializing following the presentation. Pamela Bell Dallas has enjoyed conducting personal and client research for more than 30 years using a wide variety of repositories and record sources. She presents nationally and locally, focusing on Midwest research, methodology and unique record sources. Dallas is a member of the Gen. Societies of Placer County, Roseville and the NGS.

Library News: On meeting days, the Genealogy Library is open at the noon hour. Regular hours are Wednesdays from 1 – 3 p.m. and Fridays from 11:30 a.m. - 2 p.m. Researchers at all levels are invited to drop in, see our new acquisitions and talk to a volunteer! Visit DavisGenealogy.org for more.

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.

- **Forever Fit:** Fridays, 2 p.m. **May 3-31, \$20** (Hybrid)
- **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. **May 2-30, \$20** (Zoom)
- **Morning Meditation In Person:** Wednesdays, 8:30 a.m. (Flex Pass class)
- **Pilates:** Tuesdays & Thursdays, 2:30 p.m. **May 2-30, \$57** (Hybrid)
- **PM Aerobics:** Tuesdays & Thursdays, 6:30 p.m. (Flex Pass class)
- **Resistance Bands:** Mondays & Wednesdays, 2 p.m. **May 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. **May 2-30, \$57**
- **Walking with Poles:** Wednesdays, 10:00 a.m. **May 8-22, \$29**
- **Yoga-Chair:** Tuesdays, 10:30 a.m. **May 7-28, \$25**
- **Yoga-Chair:** Thursdays, 10:30 a.m. **May 2-30, \$32**
- **Yoga-Therapeutic:** Tuesdays 8 a.m. **May 7-28, \$38**
- **Yoga-Therapeutic:** Thursdays 8 a.m. **May 2-30, \$47**
- **Zumba:** Fridays, 12:30 p.m. **May 3-31, \$32** (Hybrid)

Walking with Poles



Used effectively, walking poles can increase your stability, balance and stamina. In this three-session workshop you will learn the benefits of walking with poles,

what to look for when buying poles, pole features and walking techniques to enhance uprightness and flexibility. The class will walk around the Senior Center on grass and cement, stepping up and down curbs. Poles are available during class upon registration. **Wednesdays, May 8 – 22, 10 - 11:30 a.m. \$29**

Arboretum Walk



Start your morning walk from the Senior Center! Walks usually go to the UC Davis campus and the Arboretum. **Wednesday, May 15, at 9 a.m.**, returning by 11:30 a.m.

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). Flexpass classes:

- **Sunrise Step, Tone, and Stretch**
- **PM Aerobics**
- **Line Dancing**
- **Morning Meditation for Stress and Pain Management**

Davis Travelaires

The Davis Travelaires' newest excursions are a day trip to San Francisco's Presidio and a December getaway to Kona, Hawaii. The Presidio trip will include a talk at the Tunnel Tops recreation area, an optional, one-hour, guided walk, time to explore the Officers' Club and heritage center and lunch at the Park Chalet Restaurant. Our Kona getaway will include seven nights lodging, a luau and two optional add-ons: a day tour to Volcanoes National Park and more and a historical dinner cruise.

- **Capay Valley Lavender & Cache Creek Casino**, (Wednesday, June 12, 2024)
- **San Francisco Presidio & Park Chalet Restaurant** (Saturday, August 3, 2024)
- **Alaskan Cruise Aboard the Crown Princess** (July 20-31, 2024)

- **Kona, Hawaii Getaway** (December 4-11, 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

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
The Scene

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DAVIS SENIOR CENTER

May 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)</p> <p>11:00am Adv. Beg. Ukulele^{\$} (MPE)</p> <p>12:00pm Ukulele Jam Group (MPE)</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>10:30am Chair Yoga^{\$} (MPE)</p> <p>12:00pm Duplicate Bridge (G)</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 Walking With Poles^{\$} (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)</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>	
	SPECIAL AND ONCE A MONTH EVENTS					
				1	2	3
	6	7	8	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)	10
	13	5:00 pm Mac Users Group (G)	14	9:00 am Arboretum Walk (Ly) 10:30 am Celebrate Moms ^{\$} (V) 3:00 pm Beg. Jazz Jam ^{\$} (Lg)	15	1:30 pm Parkinson's Group (MPW)
					16	17
		1:00 pm Genealogy Meeting (V)	21	3:00 pm Exp. Jazz Jam ^{\$} (Lg)	22	11:00 am Parkinson's Care Partners (G)
	20				23	24
27		28	12:00 pm Veterans Appreciation ^{\$} (V)	29	30	
					31	