



The Scene

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June 2024

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FEATURED THIS MONTH

The Senior Center is closed Wednesday, June 19 in celebration of Juneteenth.

Tea Time!



It's not too late to join us for a 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**

Take a Bike!



Learn the rules of the road and other tips for safely getting around town and through the greenbelts. Join Sergeant John Renger to discuss safer routes, best practices, proper lighting, and maintenance on your bicycle. You'll also learn about laws and safety tips for drivers and pedestrians. Enjoy some coffee and snacks and take home a bike map. **Wednesday, June 12, 10 a.m.**

Dementia Care Workshop



YoloCares, Yolo County's leading provider of end-of-life care, is offering a workshop series for caregivers of people living with dementia. Workshops will explore the symptoms and progression of dementia and will give you tools and strategies to improve your daily interactions with your loved one. More details coming next month. Free in-home respite care available while you participate! **Wednesday, July 24, from 10 a.m. - 3 p.m.** RSVP today by calling (530) 758-5566. Visit yolocares.org to learn more!

Construction coming! See page 4.

ACTIVITIES

Friday Films @12:30 p.m.

Blended



June 7 (1 hr, 57 min) PG-13 2014

After a bad blind date, a man and a woman find themselves stuck together at a resort for families, where their attraction grows as their respective kids benefit from the burgeoning relationship.

The Boys in The Boat



June 14 (2 hr, 3 min) PG-13 2023

The 1930s-set story centers on the University of Washington's rowing team, from their Depression-era beginnings to winning gold at the 1936 Berlin Olympics.

Enchanted



June 21 (1 hrs, 47 min) PG-13 2007

A young maiden in a land called Andalasia, who is prepared to be wed, is sent away to New York by an evil queen, where she falls in love with a lawyer.

A Million Miles Away



June 28 (2 hrs, 2 min) PG) 2023

A biopic about Jose Hernandez and his path from a farm worker to becoming an engineer and an astronaut. A tale of perseverance, community and sacrifice to accomplish a seemingly impossible dream.

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.

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://www.cityofdavis.org/city-hall/commissions-and-committees/](https://www.cityofdavis.org/city-hall/commissions-and-committees/senior-citizen-commission)

[senior-citizen-commission](https://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. We encourage the public to attend.

Hem & Haw

Check out a variety of volunteer created items for sale in the hallway display cabinet. All sale proceeds benefit the Senior Center!

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

Jazz It Up!

Play with or listen to the 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 more details contact the Senior Center.

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 **Poland** by James A. Michener.

Chinese Culture Club



Everyone is welcome to join this friendly group to learn about the Chinese culture on **Friday, June 21, 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, June 12, 1:30 p.m. - 3 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. For general information, blanket drop-off location questions, or fabric and yarn donations, contact Deanne Meyer, deannemeyer@gmail.com

SPECIAL INTEREST

Drop - In Ukulele Jam



Join us for an opportunity to practice in this free drop-in ukulele jam session every **Monday at 12 p.m.**

Arboretum Walk



Tuesday, June 18, at 8 a.m. and returning by 10:30 am. Start your morning walk from the Senior Center! Walks usually go to the UC Davis campus and the Arboretum. The walk will start

earlier this month so we can avoid some of the heat.

Spotlight on SAGE!



Services and Advocacy for Gay, Lesbian, Bisexual, and Transgender Elders (SAGE) is America's oldest and largest non-profit organization dedicated to improving the

lives of lesbian, gay, bisexual, transgender and queer (LGBTQ+) older people, focusing on the issue of LGBTQ+ aging.. SAGE is a 501c3 organization that focuses on advocacy on the local and federal levels, as well as activities, groups and programs that encourage LGBTQ+ older people to stay connected with each other and the community. For more information contact the SAGE Hotline at 1-877-360-5428.

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.

Genealogy Club



On **Tuesday, June 18, at 1 p.m.**, the Davis Genealogy Club invites the public to the free, in-person/hybrid talk that's back by popular

demand, "**The Geography of American Genealogy,**" a fascinating map-filled presentation by Dr. Glen Holstein, a biologist specializing in geography. Many of our ancestors were part of groups that left homelands at particular times and moved together to specific regions in America. For example, many people left Ireland during a blight that destroyed their potato crop and then moved to America where they could make a living without growing potatoes. About the same time, political upheavals caused many Germans to settle in different American regions. Such migrations are just two of many that will be discussed by Dr. Holstein. Your ancestors are part of this geography. Glen Holstein has a PhD from UC Davis and is retired from a career as a consulting landscape ecologist. While his professional career primarily concerned geography of plants and animals, Glen has also always had a strong interest in patterns of human movements across landscapes, which is the geography of genealogy.

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.

Construction Coming! This month the Senior Center is scheduled to begin construction on our long awaited patio project. Staff will reach out to all program and activity groups as we learn more details on the project schedule. We will share much more in the July Scene.

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. **June 5-26, \$19. No class 6/19**
- **Forever Fit:** Fridays, 2 p.m. **June 7-28, \$16** (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. **June 6-27, \$16** (Zoom)
- **Morning Meditation In Person:** Wednesdays
8:30 a.m. *No class in June; class returns in July*
- **Pilates:** Tuesdays & Thursdays, 2:30 p.m.
June 4-27, \$50 (Hybrid)
- **PM Aerobics:** Tuesdays & Thursdays, 6:30 p.m.
(Flex Pass class)
- **Resistance Bands:** Mondays & Wednesdays,
2 p.m. **June 3-26, \$21** (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.
June 4-27, \$50
- **Yoga-Chair:** Tuesdays, 10:30 a.m.
June 4-18, \$19
- **Yoga-Chair:** Thursdays, 10:30 a.m.
June 6-20, \$19
- **Yoga-Therapeutic:** Tuesdays, 8 a.m.
June 4-18, \$29
- **Yoga-Therapeutic:** Thursdays, 8 a.m.
June 6-20, \$29
- **Zumba:** Fridays, 12:30 p.m.
June 7-28, \$25 (Hybrid)

Awareness Through Movement

We're focusing on supple ribs this month. 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, June 5-26 at 10 a.m. \$19

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**

Line Dancing for Everyone!

Check out details below for June line dancing schedule and music!

- **Wednesday Line Dancing**
Easy Listening Music with Slow Pop and Country Hits
 - ◇ 10-11 a.m. Absolute Beginner Dances
 - ◇ 11-12 a.m. Beginner and High Beginner Dances
- **Thursday Line Dancing**
Fast Pop & Country Hits to Make You Sweat!
 - ◇ 4-5 p.m. Beginner and High Beginner Dances
 - ◇ 5-6 p.m. Improver & Intermediate Dances
- **Friday Line Dancing**
Fast Pop & Country Hits to Make You Sweat!
 - ◇ 8:30 - 9:30 a.m. Improver & Intermediate Dances

Davis Travelaires

The Davis Travelaires' newest excursions, to "Wicked" at the Orpheum Theatre in San Francisco and Safari West in Santa Rosa, are open for registration. "Wicked" tells the untold story of the witches of Oz, when a green-skinned girl and a popular blonde forge the unlikeliest of friendships until the world decides to call one "good," and the other "wicked." At Safari West, we will explore the "Sonoma Serengeti" as we encounter a variety of African animals via a safari jeep ride and a walking tour. Lunch in Safari West's Savannah Café will be a traditional South African Braai (BBQ). The following trips are open for registration:

- **Capay Valley Lavender & Cache Creek Casino** (Wednesday, June 12, 2024) – limited space remains
- **San Francisco Presidio & Park Chalet Restaurant** (Saturday, August 3, 2024)
- **"Wicked" at SF Orpheum Theatre** (Wednesday, September 18, 2024)
- **Safari West** (Wednesday, October 2, 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'Azure** (April 15-27, 2025) singles are sold out; doubles are still available.
- **Ireland in Depth**, Dublin to Galway (August 9-23, 2025) singles are sold out; doubles are still available.

Beginning in June, the Travelaires office inside the Senior Center will be open on Thursdays, 10 a.m. – 2 p.m. but email is monitored daily. 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

June 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>10:00apm Table Tennis (MPW)</p> <p>11:30apm 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) <i>Morning Meditation returns in July</i></p> <p>10:00am Men's Social Group (MPW)</p> <p>10:00am Line Dancing^{\$,FP} (MPE)</p> <p>10:00am ATM - Ribs^{\$} (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					
		3	4	5	6	7
		10	11 5:00 pm Mac Users Group (G)	12 10:00 am Bike Talk (V) 1:30 pm Project Linus (MPW)	13 11:00 am Parkinson's Care Partners (A) 1:00 pm Sr. Commission Mtg. (A) 2:00 pm Book Club (Lg)	14
		17	18 8:00 am Arboretum Walk (Ly) 1:00 pm Genealogy Meeting (V)	19 Senior Center closed in observance of Juneteenth holiday	20 1:30 pm Parkinson's Group (MPW)	21 1:30 pm Chinese Culture Club (MPW)
		24	25	26 12:00 pm Tea Party ^{\$} (V) 3:00 pm Exp. Jazz Jam (Lg)	27 11:00 am Parkinson's Care Partners (G)	28