



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

July 2024

Volume 51 No. 7

FEATURED THIS MONTH

Patio Project Underway



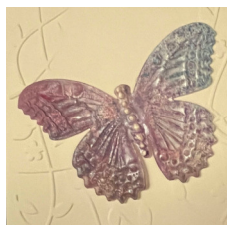
The long-awaited Legacy Patio Improvement Project has begun. The project will include a fenced patio addition at the south end of the Senior Center with access directly from the multipurpose rooms. This improvement will allow for outdoor fitness programming such as tai chi, activities such as book club and a variety of day and evening events. The space, in conjunction with the multipurpose rooms, will be available to rent. This project was funded in part by the former non-profit organization Senior Citizens of Davis, Inc. The project is scheduled to be completed in November. Classes and activities may need to be temporarily moved or cancelled due to construction. Thank you for your patience through this process!

Dementia Care Workshop



The Senior Center is pleased to host a workshop series for caregivers of people living with dementia on **Wednesday, July 24, from 10 a.m. - 3 p.m.** This workshop, led by YoloCares, the County's top provider of end-of-life care, will explore the symptoms and progression of dementia and will provide tools and strategies to improve daily interactions with your loved one. Free in-home respite care available while you participate! RSVP by calling (530) 758-5566 or visit yolocares.org to learn more.

Cardmaking



Join Judy for this latest installment of paper crafts on **Friday, July 26, at 9 a.m.** This month you'll learn to make beautiful cards for any occasion or to send some love or encouragement to a friend. All materials will be provided to make this and several other cards. Judy has card stock, envelopes and precut flowers, butterflies and other shapes. The samples shown are for inspiration, and attendees are welcome to mix and match designs. The \$5 materials fee will cover two to five personalized cards per class. This is a great deal to make cards at a fraction of retail prices! Call the Senior Center to register.

The Senior Center is closed Thursday, July 4, in observance of Independence Day.

ACTIVITIES

Friday Films @12:30 p.m.

Bohemian Rhapsody



**July 5 (2 hrs, 14 min) PG-13
2018**

This film recounts the story of the legendary British rock band Queen and its lead singer, Freddie Mercury, leading up to their famous performance for the Live Aid Concert.

My Life in Ruins



**(July 12 1hr, 35 min) PG-13
2009**

A disgruntled tour guide in Greece gains an unexpected new outlook on life thanks to one of the people on what she intends to be her last tour.

Wonka



**July 19 (1 hr, 56 min) PG-13
2023**

With dreams of opening a shop in a city renowned for its chocolate, a young and poor Willy Wonka discovers that the industry is run by a cartel of greedy chocolatiers.

Imitation of life



**July 26 (2 hrs, 5 min) PG
1959**

This classic film was one of the first successful (the sixth highest grossing film of 1959 in the US) films to explore Black American identity and systemic racism, as well as centering the narrative on women's lives and challenges.

Fabric Artists!

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.**

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/senior-citizen-commission>.

To contact or send comments to the Senior Citizen Commission, email SCC@cityofdavis.org. We encourage the public to attend.

Keep Calm and Jazz On

Play with a group of talented musicians or just come to 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.

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. On break through August.
- **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 program is on break through August. Meets every **second Thursday at 2 p.m.** Our book selection changes monthly. Recommendations are encouraged.

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.** This fun and friendly group may practice tai chi, watch a movie, sing-along, and more!

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, July 10 1:30 - 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. For general information, blanket drop-off location questions or fabric and yarn donations, contact Deanne Meyer, deannemeyer@gmail.com.

SPECIAL INTEREST

Cell Phone 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.

Drop-in Ukulele Jam



Join us for an opportunity to practice in this free, drop-in ukulele jam session. Any ability is welcome to join every **Monday at 11:30 a.m.**

Spotlight on Friendship Line!



This is both a crisis intervention center and a “warm” line for routine, even daily, phone calls that provide emotional support, medication reminders and

well-being check-ins. A program of Institute on Aging's Center for Elderly Suicide Prevention and Grief-Related Services, the Friendship Line is nationally known and accredited by the American Association of Suicidology. Call 800-971-0016 or email friendshipline@ioaging.org.

Dine With Us!



MEALS on WHEELS
YOLO COUNTY

Meals on Wheels hosts a congregate lunch in our multipurpose room every Friday at 11 a.m.

Enjoy a healthy meal and connect with others. Contact MOW directly for details on eligibility and the menu at (530) 662-7035. Must register in advance.

Genealogy Club



The Davis Genealogy Club does not hold general meetings during the summer months of July and August. Instead, a DNA brickwall workshop for members and a club field trip will be arranged. To find out more about club activities, please visit www.DavisGenealogy.org. Annual membership is just \$15 which supports monthly programs and new book purchases. General meetings and open presentations (hybrid) will resume in September on third Tuesdays.

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. General genealogy references and how-to books, US State research books, Mayflower books as well as individual Family Genealogies are available. See shelf listings at the club website. Library volunteers are available to direct visitors to appropriate resources. Drop in and say hello and start work on making your family tree grow and bloom!

Many Thanks!



Thank you to our sponsor Atria Covell Gardens who provided appetizers and dessert for our Veterans Appreciation event in May and the many volunteers who assisted us with decorations, serving, clean-up and so much more. If you'd like to volunteer at the Senior Center, please call the front desk at (530) 757-5696 and ask to speak with program coordinator Sandy Alvarez-White or email her at salvarez-white@cityofdavis.org.

Fitness/Wellness Classes

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

- **Awareness Through Movement:** Wednesdays, 10 a.m. **July 17-August 7, \$25**
- **Forever Fit:** Fridays, 2 p.m. **July 5-26, \$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. **July 11-25, \$12** (Zoom)
- **Morning Meditation In Person:** Wednesdays 8:30 a.m.
- **Pilates:** Tuesdays & Thursdays, 2:30 p.m. **July 2-30, \$50** (Hybrid)
- **PM Aerobics:** Tuesdays & Thursdays, 6:30 p.m. (Flex Pass class)
- **Resistance Bands:** Mondays & Wednesdays, 2 p.m. **July 1-31, \$30** (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. **July 2-30, \$50**
- **Yoga-Chair:** Tuesdays, 10:30 a.m. **July 2-30, \$20**
- **Yoga-Chair:** Thursdays, 10:30 a.m. **July 11-25, \$12**
- **Yoga-Therapeutic:** Tuesdays, 8 a.m. *Returning in September*
- **Yoga-Therapeutic:** Thursdays, 8 a.m. *Returning in September*
- **Zumba:** Fridays, 12:30 p.m. **July 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). Each Fitness Flex Pass entitles you to one class for \$10, five classes for \$45, 10 classes for \$85 or 20 classes for \$155 (non-resident fees apply). You must call the Senior Center to sign up in advance of attending the Flex Pass class. Please arrive at least five minutes prior to class start time to check in. Advanced registration is required. Flexpass classes:

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

Step Out!

Explore the UC Davis campus and Arboretum **Wednesday, July 17, at 8 a.m.** Walks start early to avoid the summer heat and return by 10:30 am. Fill up your water bottle at the Senior Center and start your day with a good workout and great company.

Awareness Through Movement

After exploring strategies of some basic movements, we'll develop a routine that will help you maintain those after-class good sensations. That is, to stretch like a cat! In this unique class, you will lie on cushioned mats while following verbal instructions to explore movements.

Wednesdays, 10 a.m. July 17 - August 7, \$25

Davis Travelaires

The Davis Travelaires' popular annual trip to Duarte Poinsettias and Sciabica's Olive Oil is now open for registration. At Duarte, you can buy gorgeous plants and hear an optional brief informative talk or go straight to shopping. At Sciabica's, enjoy a guided tasting and free time to shop for gift packs or individually packaged olive oil, vinegar, nuts, and other products. Lunch will be gourmet pizza while at Sciabica's, catered by Paul's Rustic Pizza. The following trips are open for registration:

San Francisco Presidio & Park Chalet Restaurant (Saturday, August 3, 2024). **TRIP IS FULL**; join the waiting list.

"Wicked" at SF Orpheum Theatre (Wednesday, September 18, 2024)

Safari West (Wednesday, October 2, 2024)

Duarte Poinsettia & Sciabica's Olive Oil (Tuesday, November 19, 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; doubles are still available.

Ireland in Depth, Dublin to Galway (August 9-23, 2025); singles are sold out; doubles are still available.

The Travelaires office in the Senior Center is open on Thursdays, 10 a.m. – 2 p.m. but email is checked daily. 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.

530-757-5696

646 A Street, Davis, CA 95616

DAVIS SENIOR CENTER
The Scene



DAVIS SENIOR CENTER

July 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>11:30am 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 ATM - Stretching^{\$} (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>10:00am Table Tennis (MPW)</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	4	5
				<p> Senior Center closed for Independence Day </p>	
	8	9	10	11	12
		5:00 pm Mac Users Group (G)	8:00 am Arboretum Walk (Ly) 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)	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
		10:00 am Dementia Care Wkshp (V) 3:00 pm Exp. Jazz Jam (Lg)	11:00 am Parkinson's Care Partners (G)	9:00 am Paper Crafts (Lg)	
29	30	31			