



# 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](http://www.cityofdavis.org/seniorservices)  
Email: [seniorservices@cityofdavis.org](mailto:seniorservices@cityofdavis.org)  
Transportation: 530-747-8240

## August 2024

Volume 51 No. 8

## FEATURED THIS MONTH

### Eat Ice Cream and Celebrate Volunteers!



Family and friends are welcome to this annual, free event to honor the many wonderful volunteers that support our Center. There will be ice cream and toppings, compliments of Atria Covell Gardens, and a Hawaiian-themed hula performance by Halau Na Makua Wahine Uuwehi (which translates to “beautiful, graceful, well-seasoned ladies”) on **Wednesday, August 28, at 1 p.m.** RSVP by Friday, August 23, by 5 p.m. For details or to register call 530-757-5696, or stop by the front desk.

### Tour of the Center



Join us **Tuesday, August 13, at 9:30 a.m.** for a tour of The Center. This event is a highlight for newcomers and also those familiar with us. The program starts with coffee, donuts and fruit, followed by a brief overview of programs and activities. Next, staff will lead a walk through the building and answer questions. You’ll also get to check out the progress of the patio project construction. Consider bringing a friend or family member who could benefit from this casual introduction. Since The Center has no membership dues, all are always welcome. No RSVP is needed.

### Table Tennis at the Center



Also known as “ping pong,” table tennis is a fun and engaging activity that can help reduce stress, improve balance and is a fun way to exercise with old friends and new ones. Drop-in Mondays and Fridays at 9 a.m. Games are informal and played on meeting room tables. All ages and abilities are welcome. We have nets, paddles and balls, so all you need to bring is the fun!

**The Center is Closed Monday, September 2, in observance of Labor Day.**

# ACTIVITIES

## Friday Films @12:30 p.m.

### The Man in the Iron Mask



**August 2 (2hrs, 12 mins) PG-13  
1998**

The cruel King Louis XIV of France has a secret twin brother whom he keeps imprisoned. Can the twin be substituted for the real King?

### The Bodyguard



**August 9 (2hrs, 9 mins) Rated-R  
2009**

A former Secret Service agent takes on the job of bodyguard to an R&B singer whose lifestyle is most unlike a President's.

### The Bucket List



**August 16 (1 hr, 37 min) PG-13  
2007s**

Two terminally ill men escape from a cancer ward and head off on a road trip with a wish list of to-dos before they die.

### Starling



**August 23 (1 hr, 42 mins) PG -13  
2001**

After Lilly suffers a loss, a combative starling takes nest beside her quiet home. The feisty bird taunts and attacks the grief-stricken Lilly. On her journey to expel the starling, she rediscovers her will to live and capacity for love.

## Woman in Gold



**August 30 (1h r 49 mins) PG-13  
2015**

Maria Altmann, an octogenarian Jewish refugee, takes on the Austrian government to recover artwork she believes rightfully belongs to her family.

## Hem and Haw

Come and create crochet or knitted items in the company of other artists. **Wednesdays at 1 p.m.**

## Jazz Jam

Join this lively **group every third Wednesday from 3 - 5 p.m.** in the lounge. 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. Not a musician? Feel free to just come to listen!

## Support the Senior Center

Want to help build a long-term sustainable income to support the Davis Senior Center?

**Donate by mail:** Make your check payable to either "Davis Senior Services Endowment Fund" or "Davis Senior Services Improvement Fund," and mail to:

**Yolo Community Foundation**

**P.O. Box 1264**

**Woodland, CA 95776**

**Donate online:** Go to [www.sacregcf.org](http://www.sacregcf.org). Click on "donate." Choose your donation amount.

At the drop-down arrow click either "Davis Senior Services Endowment Fund" or "Davis Senior Services Improvement Fund," complete the billing information and you're done!

For information, contact Maria Lucchesi at the Davis Senior Center, 530-757-5696.

# ACTIVITIES

## Drop-In!

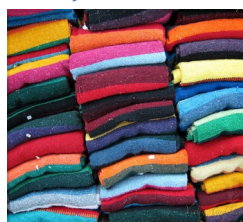
The Senior Center hosts a variety of drop-in activities for all interests and abilities! Programs such as Duplicate Bridge, Mah Jongg and Social Bridge encourage you to visit and observe in order to learn. Additionally, we offer workshops throughout the year.

- **Book Club:** 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.
- **Table Tennis:** Mondays and Fridays at 9 a.m.
- **Ukulele Jam Session:** Mondays, 11:30 a.m.
- **Watercolor Group:** Fridays, 9:30 a.m.

## Chinese Culture Club

Everyone is welcome to join in and experience Chinese culture on **Friday, August 16, 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, August 14, 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](mailto:deannemeyer@gmail.com).

## Crafts with Judy



This month's topic is "Make Your Very Own Memory Box."

Choose a favorite family member or close friend. Bring photos, flat mementos, brochures, cards, charms,

invitations and drawings that are no larger than 5" x 7." Boxes and all other materials will be provided. This is the perfect way to remember a milestone birthday or your grandchild's first day of school. Please RSVP by Monday, August 19. **Friday, August 23, at 10 a.m.** \$5 materials fee due on first class date.

# SPECIAL INTEREST

## Drop-in Ukulele Jam



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

## Spotlight on DCT!



Davis Community Transit is an origin-to-destination service for persons who qualify under the Americans with Disabilities Act (ADA) of 1990. A driver can help you on and off the

bus, but will not enter your home, doctor's offices, etc. Your pick-up time may be scheduled up to 60 minutes prior to the time you desire to be at your final drop-off location. Regular fare is \$2.50 each way and will increase to \$3 beginning September. Call the DCT office at 530-747-8240 to speak with the Paratransit Coordinator for details on how to register.

## Did You Know?

In addition to our many classes and activities the Center offers a variety of helpful services. Looking for legal help, tech tutoring or health insurance counseling? We have resources for you! Need a place to drop off small batteries or used eye glasses? We've got collection containers for these items at the Center. Looking for a gift? We have jewelry, art and handmade crochet items for sale year round and greeting cards for all occasions. Stop by the Center or call for more details.

## Craft Fair Vendors Wanted

Seeking vendors for our annual Craft Fair Saturday, November 16 from 9 a.m.-2 p.m. The fair features over 30 vendors and a wide assortment of handmade items such as jewelry, soaps, cards, blankets, art and so much more. For details, contact Sandy at 530-757-5696.

## 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](http://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](http://DavisGenealogy.org) for more. General genealogy references and how-to books, U.S. 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 Carlton Senior Living for providing food for our first ever Positivi-Tea fundraiser in May. The food was delicious, and we are grateful to have your support! Thank you also

to those who continue to donate jewelry! Our next sale is May but we are accepting pieces year round.

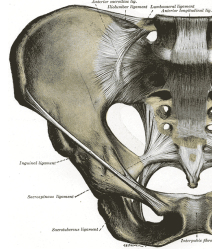


## Fitness/Wellness Classes

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

- **Awareness Through Movement:** Wednesdays, 10 a.m. **August 21-September 11, \$25**
- **Forever Fit:** Fridays, 2 p.m. **August 2-30, \$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. **August 1-29, \$20** (Zoom)
- **Pilates:** Tuesdays & Thursdays, 2:30 p.m. **August 1-29, \$57** (Hybrid)
- **PM Aerobics:** Tuesdays & Thursdays, 6:30 p.m. (Flex Pass class)
- **Resistance Bands:** Mondays & Wednesdays, 2 p.m. **August 5-28, \$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. **August 1-29, \$57**
- **Yoga-Chair:** Tuesdays, 10:30 a.m. **August 6-27, \$16**
- **Yoga-Chair:** Thursdays, 10:30 a.m. **August 1-29, \$20**
- **Yoga-Therapeutic:** Tuesdays, 8 a.m. *Returning in September*
- **Yoga-Therapeutic:** Thursdays, 8 a.m. *Returning in September*
- **Zumba:** Fridays, 12:30 p.m. **August 2-30, \$32** (Hybrid)

## Improving Pelvic Movement



Our largest muscles attach to the pelvis from above and below. Exploring their movements in slow, small and unusual combinations will help you feel more comfortable and stronger. In this unique class you will lie on cushioned mats while following verbal instructions to explore movements. **Wednesdays, August 21-September 11, from 10-11 a.m. \$25**

## Happy Feet!



Start your morning with fun folks and explore the UC Davis campus and Arboretum **Wednesday, August 21, 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.

## Beat the Heat



- Keep hydrated!
- Don't wait until you feel thirsty. Drink lots of water and avoid sugary beverages and alcohol.
- Plan your outdoor activities for the morning or evening hours and seek shade in mid-day.
- Avoid strenuous activities.
- Spend as much time as possible indoors with air conditioning.
- Cool off with a shower or bath.
- Avoid using the stove or oven to cook.

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# Davis Travelaires

The Davis Travelaires' will host a trip preview webinar via Zoom on Friday, August 16, at 10 a.m., during which you can see highlights of our upcoming day trips as well as our longer excursions: our Kona, Hawaii Getaway in December, our Rhone River cruise in April 2025, and our tour of Ireland in August 2025. To register for the webinar, visit our website, email us, or call during our office hours (Thursdays, 10 a.m. – 2 p.m.). The following trips are open for registration:

**"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 inside the Senior Center is staffed by volunteers on Thursdays, 10 a.m. – 2 p.m. For information, visit <https://davistravelaires.org>, email [DavisTravelaires@gmail.com](mailto:DavisTravelaires@gmail.com), or call 530-902-1825. Email is monitored daily, and phone messages are checked on Thursdays. 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

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DAVIS SENIOR CENTER

# The Scene

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DAVIS SENIOR CENTER

August 2024 Activities and Special Events

Information	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Senior Center Office</b> Open Mon. - Fri. 9:00 a.m. - 4:00 p.m. 646 A St. Davis, CA 95616 (530) 757-5696 <a href="mailto:seniorservices@cityofdavis.org">seniorservices@cityofdavis.org</a></p> <p><b>Davis Community Transit</b> 530-747-8240</p> <p><b>Activity Key:</b> FP Flex Pass Class \$ Indicates class fee * Indicates need to register for free activity and/or by appointment.</p> <p><b>Room Key:</b> 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><b>Offsite Buildings:</b> CC - Community Chambers 23 Russell Blvd.</p>	<b>ONGOING WEEKLY ACTIVITIES</b>				
	7:00am Step,Tone, Stretch <sup>\$,FP</sup> (MPE)	8:00am Tai Chi, Cont. <sup>\$</sup> (MPE)	7:00am Step,Tone, Stretch <sup>\$,FP</sup> (MPE)	8:00am Tai Chi, Cont. <sup>\$</sup> (MPE)	7:00am Step,Tone, Stretch <sup>\$,FP</sup> (MPE)
	9:00am Open Art Studio (V)	8:00am Therapeutic Yoga <sup>\$</sup> (A & Z)	10:00am Men's Social Group (G)	8:00am Therapeutic Yoga <sup>\$</sup> (A & Z)	9:00am Watercolor (V)
	9:00am Table Tennis (A)	9:15am Tai Chi, Basic <sup>\$</sup> (MPE)	10:00am Line Dancing <sup>\$,FP</sup> (MPE)	9:15am Tai Chi, Basic <sup>\$</sup> (MPE)	9:00 am Table Tennis (MPW)
	11:30am Ukulele Jam Group (MPE)	10:30am Chair Yoga <sup>\$</sup> (MPE)	10:00am ATM - Pelvic Mvmt <sup>\$</sup> (A)	10:30am Chair Yoga <sup>\$</sup> (MPE)	11:00am Meals on Wheels* (MPW)
	12:00pm Mah Jongg (V)	12:00pm Duplicate Bridge (G)	1:00pm Hem & Haw (A)	2:30pm Pilates <sup>\$</sup> (MPE & Z)	11:30pm Genealogy Library Drop In (L)
	12:00pm Social Bridge (G)	2:30pm Pilates <sup>\$</sup> (MPE & Z)	1:00pm Genealogy Library Drop In (L)	4:00pm Line Dancing <sup>\$,FP</sup> (MPE)	12:30pm Friday Films (G)
	2:00pm Resistance Bands <sup>\$</sup> (MPE & Z)	3:45pm Adv. Line Dancing <sup>\$,FP</sup> (MPE)	2:00pm Resistance Bands <sup>\$</sup> (MPE & Z)	4:30pm Evening Meditation <sup>\$</sup> (Z)	12:30pm Zumba <sup>\$,FP</sup> (MPE & Z)
		6:30pm PM Aerobics <sup>\$,FP</sup> (MPE)		6:30pm PM Aerobics <sup>\$,FP</sup> (MPE)	2:00pm Forever Fit <sup>\$</sup> (MPE)
	<b>SPECIAL AND ONCE A MONTH EVENTS</b>				
				1	2
5	6	7	8	9	10
			11:00 am Parkinson's Care Partners (A) <del>1:00 pm Sr. Commission Mtg. (A)</del> <del>2:00 pm Book Club (Lg)</del>		
12	13	14	15	16	17
	9:30 am Center Tour (Lg) 5:00 pm Mac Users Group (G)	1:30 pm Project Linus (MPW)	1:30 pm Parkinson's Group (MPW)	1:30 pm Chinese Culture Club (MPW)	
19	20	21	22	23	24
	<del>1:00 pm Genealogy Meeting (V)</del>	8:00 am Arboretum Walk (Ly) 3:00 pm Beg. Jazz Jam (Lg)	11:00 am Parkinson's Care Partners (G)	10:00 am Crafts With Judy* (Lg)	
26	27	28	29	30	
		1:00 pm Ice Cream Social* (MPE) 3:00 pm Exp. Jazz Jam (Lg)			