



# 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

## November 2024

Volume 51 No. 11

## FEATURED THIS MONTH

### Enjoy a Relaxed Shopping Experience



The Craft Fair is finally here! Come stroll and browse rows of handmade wares made by local and regional artisans and crafters. Visit our one-stop shop for gifts and home décor. It's time to find that special gift for yourself or someone you love.

**Saturday, November 16, 9 a.m.—2 p.m.**

### Friendsgiving Lunch



Enjoy a delicious meal and dessert while connecting with longtime friends and meeting new ones. **Wednesday, November 20, 12 p.m.** This fundraiser is only **\$15**, and scholarships are available for the meal. RSVP by Friday, November 15.

### Navigate the Medicare Maze

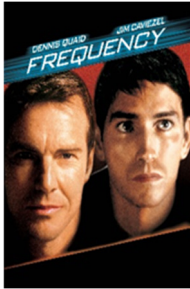
Medicare Open Enrollment runs through December 7 and HICAP (Health Insurance Counseling and Advocacy Program) is here to help you make your way through the Medicare maze. Trained HICAP counselors provide unbiased, individualized assistance reviewing your current plan and helping you decide if a new one makes sense. Schedule one-on-one phone or in-person appointments at the Center by calling **(916) 376-8915**. An alternate and efficient way to receive assistance is to complete a **2025 Medicare Worksheet**, available at the Senior Center. Fill in the worksheet, include a list of your current prescription medications and send it via the post-paid envelope provided. Once received, a HICAP counselor will review the information, research your options and report back to you on their findings with information needed for you to make a good choice before the end of the open enrollment period. Worksheets must be postmarked or received at the Senior Center no later than Friday, November 22.

**Holiday Closures** Senior Center offices are closed **Monday, November 11**, for the Veterans Day holiday, and **Thursday & Friday, November 28 & 29**, for the Thanksgiving holiday.

# ACTIVITIES

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

### Frequency



**November 1 (1hr, 58m) PG 13  
2000**

An accidental, cross-time radio link connects father and son across 30 years. The son tries to save his father's life, but then must fix the consequences.

### Hitch



**November 8 (1hr, 58m) PG-13  
2005**

A smooth-talking man falls for a hardened columnist while helping a shy accountant woo a beautiful heiress.

### Forrest Gump



**November 15 (2hr, 22m) R  
1994**

The history of the United States from the 1950's to the 1970's unfolds from the perspective of an Alabama man with an IQ of 75, who yearns to be reunited with his childhood sweetheart.

### Mad Money



**November 22 (2hr, 6m) PG-13  
2008**

Three female employees of the Federal Reserve plot to steal money that is about to be destroyed.

## Tech Help!



Need help with a smart phone? 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.**

## Senior Citizen Commission

The Commission typically meets the **second Tuesday 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 Commission, email [SCC@cityofdavis.org](mailto:SCC@cityofdavis.org).

## 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.

## Smoke Detector Help



The Rotary Club of Davis will help seniors replace the batteries in their smoke detectors. We are excited to announce that this year you will again have two options:

One is to have your batteries replaced at no charge in your existing smoke detectors, or you can decide to receive brand new ten-year smoke detectors with a tamper-proof battery (these smoke detectors should be replaced entirely after 10 years). If you choose the second option, Rotary will not install the devices, they'll only deliver them. **Saturday, November 2.** Call 530-757-5696 to be added to the list.

# 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.

- **Book Club:** Second Thursdays, 2 p.m.
- **Chinese Culture Club:** Third Fridays, 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, 11:30 a.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.
- **Storytime:** Second Wednesdays, 2:30 p.m.
- **Table Tennis:** Mondays and Fridays, 9 a.m.
- **Ukulele Jam Session:** Mondays, 11:30 a.m.
- **Watercolor Group:** Fridays, 9:00 a.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 on **Wednesday, November 13, from 1:30-3 p.m.** to share ideas, patterns and lots of good conversation. All are welcome to attend the meeting and help sew Linus labels on handmade blankets that will be 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 at: [yolocountyprojectlinus@gmail.com](mailto:yolocountyprojectlinus@gmail.com).

## Ukulele Classes and Jam



Challenge your brain. Ukulele lessons are offered **Mondays** (Advanced Beginning ) and **Wednesdays** (Beginning), **10:30-11:30 am**, through November 18. Ukulele Jam sessions are free every Monday at 11:30 a.m.

## Chinese Culture Club

Everyone is welcome to join in and experience Chinese culture on **Friday, November 18, at 1:30 p.m.** This fun and friendly group may practice tai chi, watch a movie, sing-along and more!

# SPECIAL INTEREST

## Scam Talks with the Yolo DA



The Yolo County District Attorney's Office will visit the Senior Center to present their efforts in curbing fraud countywide. They will discuss trends in automotive insurance fraud, real estate fraud, construction fraud and

identity theft. Through this they hope to raise awareness, teach preventative measures and educate residents on reporting procedures.

This will be an open discussion, and questions are always welcome. This event is free of charge.

**Tuesday, November 12, 10 a.m.**

## Story Time

Bring your kids and grandkids (3-8 years old) to enjoy stories, music and movement **Wednesday, November 13 at 2:30 p.m.** This program is led by library staff.

## Gift of Giving

*We gratefully acknowledge the following groups for their contributions to the Senior Center:*

Hem & Haw	\$	201
Social Bridge	\$	210
Mah Jongg	\$	119
Members of Project Linus	\$	433
Members of Ukulele Jam	\$	812

*Thank you also to those who donated toward the following:*

Coffee / Snacks	\$	301
Greeting Cards / Copier	\$	308
Jewelry Sales	\$	920
Medical Equipment	\$	4,652
Misc. & General Donations	\$	898
<b>Total :</b>	<b>\$</b>	<b>8,854</b>

## Genealogy Club



Please join us for family-history fun and food at our annual (hybrid) meeting and fall get-together on **Tuesday, November 19, at 1 p.m.** We are celebrating the season

with refreshments and tales of family and finds at our **Annual Business Meeting & Harvest Festival.**

This year, our "Sharing Spotlight" will be on "**Stranger Than Fiction**" research finds. Members are encouraged to briefly tell about an unusual find (and perhaps illustrate it for our slide show). There's always plenty of great food to share, coffee and conversation and we sit in a circle to visit as we snack! Attend this fun highlight-of-the-year gathering either in person or via Zoom. Also, Club **Library** is open each **Wednesday, 1-3:30 p.m. & Friday, 11:30a.m. - 2 p.m.** Pose your query to a helpful volunteer.

**Important:** A Club board position is STILL open at this time. We are seeking a nominee to help us schedule our 2025/26 speakers--just eight monthly speaker slots to fill per year. Don't be shy! We cannot remain a vital club without a member to help us **now!** A supportive committee, speakers directory and letter templates are all available to help the person who steps up as our Program Chair. This is a fun job! Will it be yours? We **need** your help and look forward to working together! Visit [DavisGenealogy.org](http://DavisGenealogy.org) to see what's coming up. Simply email [President@davisgenealogy.org](mailto:President@davisgenealogy.org) if you have any questions, want to volunteer, or desire a guest Zoom pass. Thanks so much!

## Book Club

Meets **Thursday, November 14 at 2 p.m.** This month's selection is "The Year of Magical Thinking" by Joan Didion.

## Fitness/Wellness Classes

*Hybrid classes are in-person with a Zoom option.*

- **Awareness Through Movement:**  
Wednesdays, 10 a.m. **Breath & Breathing:**  
**October 30-November 27, \$25**
- **Forever Fit:** Fridays, 2 p.m. **November 1-22,**  
**\$16** (Hybrid)
- **Line Dancing:**  
Wednesdays, (Beginner) 10 a.m.-12 p.m.,  
Thursdays, 4-6 p.m. (Flex Pass class)
- **Evening Meditation on Zoom:** Thursdays,  
4:30 p.m. **November 7-21, \$12**(Zoom)
- **Pilates:** Tuesdays & Thursdays, 2:30 p.m.  
**November 5-26, \$44** (Hybrid)
- **PM Aerobics:** Tuesdays & Thursdays, 6:30 p.m.  
(Flex Pass class)
- **Resistance Bands:** Mondays & Wednesdays,  
2 p.m. **November 4-27, \$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.  
**November 5-26, \$44**
- **Yoga-Chair:**  
Tuesdays, 10:30 a.m., **November 5-26, \$25**  
Thursdays, 10:30 a.m., **November 7-21, \$19**
- **Yoga-Therapeutic:**  
Tuesdays, 8 a.m. , **November 5-26, \$38**  
Thursdays, 8 a.m., **November 7-21, \$29**
- **Zumba:** Fridays, 12:30 p.m.  
**November 1-22, \$25** (Hybrid, Flex Pass)

## Awareness Through Movement- Breath and Breathing

**Wednesdays, October 30- November 27. \$25**

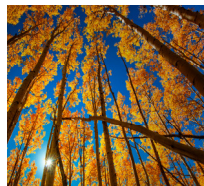
Use your breath to create a greater sense of ease and vitality. While exploring the physical movements of breathing you can discover your habits, those moments when you hold your breath, gasp or pause. Habits that can drain vitality. Learn strategies for fuller breathing to improve your health, posture and flexibility. You will lie on a cushioned mat during the lesson and follow verbal instructions to make small movements slowly.

## Davis Parkinson's Support Group

Meetings are held **every third Thursdays, 1:30 p.m.**

This group invites expert guest speakers and discusses topics of special interest to people living with Parkinson's. Join our email list to get announcements of upcoming meeting topics and a list of PD resources. Caregivers are welcome. Contact [ashbaugh.lowell@gmail.com](mailto:ashbaugh.lowell@gmail.com) for information.

## Fall Foliage Walk



Walks begin at the center and go to the UC Davis campus and part of the Arboretum. Tours vary and may include the Social Sciences and Humanities Building, a stroll past the Craft Center and Bainer Hall, the Memorial Union and more. Start from the lobby on **Wednesday, November 27 at 9 a.m.** and return by 11:30 a.m.



Election Day is  
**November 5**

Remember to  
**Vote!**

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# Davis Travelaires

The Davis Travelaires' newest trip to the Blackhawk Museum in Danville is open for registration. At Blackhawk, history, art, and culture converge across six unique exhibits: The Don William's Automobile Gallery, The Spirit of the Old West, Art of Africa, Pat's Compacts, Into China and World of Nature. You'll enjoy the exhibits at your own pace on a self-guided tour. Lunch is available at several eateries in close walking distance of the museum, and we will have in-and-out privileges so you can leave for lunch and return to continue exploring the exhibits. The following trips are open for registration:

**Duarte Poinsettia & Sciabica's Olive Oil** (Tuesday, November 19, 2024)

**Honey Bee Discovery Center & Hive Restaurant** (Wednesday, January 15, 2025)

**"Back to the Future: The Musical"** (Wednesday, February 19, 2025)

**Blackhawk Museum** (Friday, March 21, 2025)

**Kona, Hawaii Getaway** (December 4-11, 2024)  
**INQUIRE ABOUT AVAILABILITY**

**Rhone River Cruise**, France: Lyon to Provence & the Cote d'Azur (April 15-27, 2025); singles are sold out; doubles are still available.

**Tennessee Rivers Cruise** from Nashville TN to Chattanooga TN (May 27-June 4, 2025)

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

**Fall Foliage Hudson River Cruise** from Albany NY to NYC (October 26-November 3, 2025)

The Travelaires office inside the Center is staffed 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 checked daily; phone messages are checked on Thursdays. Flyers are available online or at the Senior Center.

Sincerely, *Davis Travelaires Board of Directors*

646 A Street, Davis, CA 95616

530-757-5696

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




The  
**Scene**  
DAVIS SENIOR CENTER

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November 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 (MPW)	9:15am Tai Chi, Basic <sup>\$</sup> (MPE)	10:00am Line Dancing <sup>\$,FP</sup> (MPE)	9:15am Tai Chi, Basic <sup>\$</sup> (MPE)	9:00am Table Tennis (MPW)
	10:00am Beginner Ukulele <sup>\$</sup> (MPE) <i>class is 10/21-11/18</i>	10:30am Chair Yoga <sup>\$</sup> (MPE)	10:00am ATM - Breath & Breathing <sup>\$</sup> (A) <i>class is 10/30-11/20</i>	10:30am Chair Yoga <sup>\$</sup> (MPE)	11:00am Café Yolo Lunch* (MPW)
	11:00am Adv. Beginner Ukulele <sup>\$</sup> (MPE) <i>class is 10/21-11/18</i>	12:00pm Duplicate Bridge (G)	1:00pm Hem & Haw (A)	2:30pm Pilates <sup>\$</sup> (MPE & Z)	11:30pm Genealogy Library Drop In (L)
	11:30am Mah Jongg (V)	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)
	12:00pm Ukulele Jam Group (MPE)	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)
	12:00pm Social Bridge (G)	6:30pm PM Aerobics <sup>\$,FP</sup> (MPE)		6:30pm PM Aerobics <sup>\$,FP</sup> (MPE)	2:00pm Forever Fit <sup>\$</sup> (MPE)
	2:00pm Resistance Bands <sup>\$</sup> (MPE & Z)				
	<b>SPECIAL AND ONCE A MONTH EVENTS</b>				
					Sat, Nov 2 Smoke Detector Help*
4	5 Election Day - remember to vote! 	6	7	8	8
11  <b>Veterans Day</b> Center Closed	12 10:00 am Scams Talk (Lg) 1:00 pm Senior Commission Mtg. (A) 5:00 pm Mac Users Group (G)	13 1:30 pm Project Linus (MPW) 2:30 pm Story Time (Lg)	14 11:00 am Parkinson's Care Partners (A) 2:00 pm Book Club (Lg)	15 1:30 pm Chinese Culture Club (MPW)	15 Sat, Nov 16 9am-2pm: Craft Fair (MPR)
18	19 1:00 pm Genealogy Meeting (V)	20 12:00 pm Friendsgiving Lunch <sup>\$</sup> (MPW) 3:00 pm Beg. Jazz Jam (Lg)	21 1:30 pm Parkinson's Group (MPW)	22	22
25	26	27 9:00 am Arboretum Walk (Ly) 3:00 pm Exp. Jazz Jam (Lg)	28 <i>Happy Thanksgiving</i> Center Closed	29  Center Closed	29