DMV’s Real ID Explained

Starting October 1, 2020, every U.S. resident will need to present a Real ID compliant license/ID or another acceptable form of identification for boarding commercial aircraft, accessing Federal facilities, etc. Jerrod Sieberg, Senior Driver Ombudsman for the DMV’s Northern California region, will explain the process to acquire the new Real ID compliant card on **Tuesday, June 11 at 10:00 am**.

Topics will include what a Real ID is and is not, whether or not you will need to get a Real ID, and what documents you need to bring to the DMV. The speaker will be available after the presentation to answer any of your questions about the DMV.

Intro to Meditation & Easier Living

Recent research confirms the benefits of meditation. For those who haven’t tried it, or those who are seeking a different experience, we offer this new class taught by volunteer instructor Gadi Karmi. Are our thoughts always our friends? Can we act without worry or maybe worry a bit less? This course will teach meditation as a technique and use the perspective of the meditative state to take a fresh look at everyday life. Students will learn to laugh at some thoughts, entertain others, and accept that what doesn’t work now, with practice, will work better later. For ages 18+. Students will be seated in chairs. Two sessions will be offered: **Wednesdays, June 5-July 10**, and **August 7-September 18** (no class 8/21), 6:30-7:30 pm. $32

Maynard Skinner Revisits City History

The former Davis mayor returns with historical insights. See page 2.
Wishing You Well, Jamie!

Jamie Elliott is retiring in June. You may have seen her around the Senior Center, but never knew what she did. Jamie is the long-time coordinator of the City of Davis Alternative Recreation Program. She has been a tireless advocate for our community’s children, teens and adults with intellectual and developmental disabilities. In 2017, Jamie received the Thong Hy Huynh Public Servant of the Year Award for her dedication and service from the Davis City Council. With the help of temporary part-time staff, she has provided fun, active recreation programming and outings for people with disabilities for 37 years.

When the Davis Senior Center facility expanded in 2005, the "Alt Rec" program moved here from Redwood Park. Since then Alt Rec has been a perfect fit in our facility. Their programs are typically weekends and evenings when fewer senior programs are scheduled.

Jamie has been a valued team member. We will miss her gregarious and vibrant personality and wish her the very best in retirement.

Arm Chair Travel to Austria

Volunteer Pat Beach Smith, a former editor at The Sacramento Bee, will share her slides and stories of her trip to Austria. This is a free program and no RSVP is needed. Tuesday, July 9, 2:00-3:00 pm.

Fix It Watercolor Six-Week Class

Do you have watercolor paintings set aside for “finishing,” changing, or deciding what to do next? Bring them to share with the class, and see what can be done to bring this work to your satisfaction. Class includes demonstration, color theory, composition and practical application of watercolor techniques. When possible, works will be grouped to solve shared problems. This class is geared for students with some experience. Wednesdays, June 12-July 24, 1:00-3:00 pm. $82 (no class 7/3). Register in advance at the front desk, online (#231010) or over the phone with waiver on file. 530-757-5696

Connections Café

The next drop-in sessions for free technology tutoring are Mondays, June 3 & 17, 6:00-8:00 pm. Stop by with your questions about how to use your laptop, iPad or smartphone. Volunteers can help with navigating websites, downloading photos, starting social media accounts, learning features of devices and more. Need help at a different time? Call the center at 530-757-5696 for a complimentary weekday appointment with a volunteer tutor.

Skinner Shares More Davis History

Former Davis Mayor Maynard Skinner returns to the center Tuesday, June 18, 10:00-11:00 am, as part of our That’s So Davis! series. He’ll share more memories of Davis city government and community activism in the 60s, 70s, 80s and 90s. His topics include: "What do you get for pizza and a six pack? Open Space!" "Richard’s Blvd. and why we are "stuck" in the undercrossing" "Lowering Highway 113 from I-80 to Covell" "How Toad Hollow and the dog park came about" "How the Senior Center came about"
**Health & Fitness**

*We encourage you to speak with your doctor before starting any exercise program to ensure your health and safety.*

<table>
<thead>
<tr>
<th>Class</th>
<th>Dates</th>
<th>Days</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Awareness Through Movement/Feldenkrais</td>
<td>6/4-6/25</td>
<td></td>
<td>(T, 10:15-11:15 am) Continuing</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>(T, 11:30 am-12:30 pm) New/Continuing</td>
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<td>Dyna-Bands</td>
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<td>Fit for Life</td>
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<td>(M, W, F, 7:45 &amp; 9:00 am, 3:15 pm)</td>
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<td>(T,Th, 2:30-3:30 pm)</td>
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<td>Strength &amp; Fitness</td>
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<td>(T, 9:00-10:00 am) Basic</td>
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<td></td>
<td></td>
<td>(Th, 9:00-10:00 am) Basic</td>
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<td>Yoga – Therapeutic</td>
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<td>(Th, 1:00-2:00 pm)</td>
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<tr>
<td>Zumba</td>
<td>6/7-6/28</td>
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<td>(F, 12:30-1:15 pm)</td>
<td>$22</td>
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</table>

**Hike with Poles: Skills & Techniques**

Small group training helps hikers learn pole, trail and body skills. Our two-day class will help you improve your performance, posture, balance, endurance, and spine function while preserving joints. This class includes a walk to Central Park (one-mile round trip). Poles are available for those who don’t have them. **Thursday, June 6 & 13, 10:30 am-12:00 pm. $31**

**Open Registration Next Month**

The first opportunity to sign up for the Senior Center’s fall classes is **Tuesday, July 16 at 8:00 am**. Mark your calendar if you plan to enroll in one of the center’s more popular classes that tend to fill up. Want to learn how to register online? Contact the Senior Center front desk at 530-757-5696.

**Parkinson’s and Movement Problems**

The Senior Center’s Parkinson’s Support Group will host a special presentation, *Movement Problems in Parkinson’s Disease*, on **Thursday, June 20 at 1:30 pm**. The speaker, Lin Zhang, MD, PhD, is a clinical professor of neurology at UC Davis. He is also a consultant to and is speaking on behalf of Adamas Pharmaceuticals, Inc. He’ll talk about Parkinson’s Disease dyskinesia, how it affects daily activities and what options are available to manage and treat it.

The medical information presented in the meeting will be for general information purposes only. The Davis Senior Center does not endorse any medications, course of treatment, or specific company. Consult your health care professional when making decisions about your health and treatment options.

*Fees listed for fitness classes are for Davis residents. Non-residents add 10%.*
**TRANSPORTATION**

**Smart Driver Class**

The next AARP Smart Driver Refresher course will be offered **Wednesday, June 12, 8:30 am-1:00 pm.** The refresher course is designed for those who have completed the full eight-hour class in the past three years. (The next eight-hour class will be **Wednesday and Thursday, July 17 & 18.**) Many insurance companies offer discounts to older drivers who successfully complete the course. Register in advance with a check payable to AARP at the front desk, $15 for AARP members/ $20 for non-members.

**Unitrans Bus Schedules & Passes**

Unitrans schedules are available in the lobby of the Senior Center. For those age 60+, free Unitrans bus passes are also available.

**Davis Community Transit**

Hello summer! We have a few staff changes to share. Please welcome Yasaman (Yasi) to the DCT team! Yasi comes to DCT from Unitrans. We also say farewell to our paratransit specialist Alex. Alex began his career at DCT in September 2011. He has accepted a job at UC Davis. We thank Alex for his service to DCT and wish him well in his future endeavors.

As the warmer months are approaching please be reminded that we do not expect customers to wait for the bus in the heat. Also remember that if a customer changes their destination or pick-up time on the same day there is a same day fare for the change in scheduling. Routes are scheduled the night before at 5:00 pm, and any deviation from the route on the next day results in inefficient scheduling.

If you have questions, please call the DCT dispatch center at 530-747-8420.

**Music & Dance**

**Make Music Day 2019**

Make Music is a celebration of music around the world on June 21, the summer solstice. The event started 35 years ago in France and is different from typical music festivals. Make Music is open to anyone who wants to take part. Every kind of musician — young and old, amateur and professional, of every musical persuasion — pours into streets, parks, plazas, and porches to share their music with friends, neighbors, and strangers. All of it is free and open to the public. Make Music Day is now celebrated in over 1,000 cities in 120 countries around the world. The community of Davis joined the global celebration in 2017 and continues participating this year. All are welcome and encouraged to help fill the air with music or to find music nearby to enjoy. To see the list or add an event, visit [http://www.makemusicdavis.org/](http://www.makemusicdavis.org/).

The Senior Center will participate by hosting the band, **Music from the Back Room**, playing familiar tunes on **June 21, 2:15-4:00 pm**. Drop in to listen! The band will also play on **Friday, June 7** (1st and 3rd Fridays monthly).

**Drop-in Ukulele**

The center’s Game Room is open **Tuesdays, June 11-August 27, 11:00 am-12 noon**, for any ukulele player who wants to practice on their own or jam with others. No instructor is present. Come strum for free and meet other ukulele enthusiasts. No RSVP needed.

**Dance for Exercise**

International Folk Dance class dates are **Tuesdays, June 4-25, 10:30-11:30 am.** Stop by, go online (#222000), or call (with waiver on file) to register. $21

**Sing Along Summer Hiatus**

This program is on summer break. Singing returns in September.
**FREE FRIDAY FILMS**

12:15 pm

**June 7 - Stan & Ollie**
(2018) PG, 1 hour, 38 minutes
Laurel and Hardy, the world’s most famous comedy duo, attempt to reignite their film careers as they embark on what becomes their swan song - a grueling theatre tour of post-war Britain. Stars Steve Coogan, John C. Reilly, Shirley Henderson. This movie will be introduced by a member of a Sacramento Laurel & Hardy Club called Another Fine Mess Tent. Details about the club may be found at www.wayoutwest.org/afm/.

**June 14 - Mamma Mia!**
(2008) PG-13, 1 hour, 48 minutes
The story of a bride-to-be trying to find her real father told using hit songs by the popular 1970s group ABBA. Stars Meryl Streep, Pierce Brosnan, Amanda Seyfried.

**June 21 - Summer of ’42**
(1971) R, 1 hour, 41 minutes
During his summer vacation on Nantucket Island in 1942, a youth finds himself developing an innocent love for a young woman awaiting news on her soldier husband’s fate in WWII. Stars Jennifer O’Neill, Gary Grimes, Jerry Houser.

**June 28 - Because of Winn-Dixie**
(2005) PG, 1 hour, 46 minutes
A mischievous dog befriends a lonely young girl in a new town and helps her make new friends. Stars AnnaSophia Robb, Jeff Daniels, Eva Marie Saint.

**SUPPORT GROUPS**

*The Davis Senior Center does not endorse the opinions, services or products discussed in support groups. Meetings are for sharing purposes only.*

**Dementia Caregivers Support Group**  
Wednesday, June 19 at 10:00 am

**Men’s Social Group**  
Wednesday, June 26 at 10:00 am

**Parkinson’s Support Group**  
Thursday, June 20 at 1:30 pm  (see page 3)

**Parkinson’s Care Partners Support Group**  
Thursday, June 13 at 1:30 pm  (note 2nd Thursday)

**Peripheral Neuropathy Support Group**  
Tuesday, June 11 at 3:30 pm

**Transitions Support Group**  
Thursday, June 6 at 10:00 am

**SERVICES/RESOURCES**

- Advance Health Care Directives ($2.50 donation)
- Battery and Eyeglass Recycling
- Blood Pressure Checks (3rd Fri., 11:00 am-noon)
- Copy Machine ($.10 each) Greeting Cards ($.25)
- DMV Sample Drivers Tests ($2 donation)
- Dyna-Bands ($5)
- Federal Food Distribution (3rd Wed., 11:00 am)
- Health Insurance Counseling & Advocacy Program* (HICAP) (916-376-8915)
- Information & Assistance
- Legal Consultations*
- Medical Equipment Lending Closet (9:00 am-3:30 pm)
- Resources for Independent Lending Closet (9:00 am-3:30 pm)
- Advance Health Care Directives ($2.50 donation)
- Battery and Eyeglass Recycling
- Blood Pressure Checks (3rd Fri., 11:00 am-noon)
- Copy Machine ($.10 each) Greeting Cards ($.25)
- DMV Sample Drivers Tests ($2 donation)
- Dyna-Bands ($5)
- Federal Food Distribution (3rd Wed., 11:00 am)
- Health Insurance Counseling & Advocacy Program* (HICAP) (916-376-8915)
- Information & Assistance
- Legal Consultations*
- Medical Equipment Lending Closet (9:00 am-3:30 pm)
- Resources for Independent Living - RIL* (call 916-446-3074 for appointment)
- Technology Tutoring* (cell phones, laptops, etc)
- Saturday Club respite program (fee based) (530-758-3704)
- Scholarships-Dianne Hinsz Mem./Special Events
- Veterans Services (530-406-4850)

*Appointments required. Call 530-757-5696.
**FYI**

**Tax Reduction Forms**
Forms are now available at the Senior Center for several local tax reduction programs, including the library’s low-income tax exemption form (deadline June 3), the Davis school district’s Measure H and CFD #1 senior exemption forms (deadline June 15), and the City’s Parks Maintenance and Open Space Protection Tax Refund for low-income households (deadline June 28). Call the Senior Center at 530-757-5696 for more information.

**Senior Commission**
The City of Davis Senior Citizen Commission will meet **Thursday, June 13 at 2:30 pm** in the Community Chambers, 23 Russell Blvd. The public is always welcome at these meetings.

The commission serves as a conduit for citizen input – a way of gathering, analyzing and recommending options to the City Council. The commission advises the council on matters relating to policies and programs that serve senior citizens. Meetings are held monthly on the second Thursday at 2:30 pm at 23 Russell Blvd. Members of the public are invited to apply to serve on the commission.

For more information about applying, or for other details about the commission, please contact Maria Lucchesi, Senior Center Supervisor, at 530-757-5696.

**SSI Recipients & Cal Fresh**
As of June 1, 2019, people receiving Supplemental Security Income (SSI) might be eligible to receive CalFresh (food stamps). SSI benefits are not reduced because of this change. The typical monthly benefit is $50-102. With full medical deductions, the amount could be much higher. For more information, contact the Yolo County Health and Human Services Agency at 530-758-5558.

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**Gift of Giving**

**How to Support the Senior Center**

**Donate by mail:** make 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.” For more information, contact Maria Lucchesi at the Davis Senior Center, 530-757-5696.

**The Gift of Giving**

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

- Duplicate Bridge: $54
- Hem & Haw / Knit Night: $19
- Mah Jongg: $20
- Members of Project Linus: $27

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

- Coffee: $62
- Display Case Jewelry Sale: $88
- Greeting Cards / Copier: $54
- International Day: $185
- Medical Equipment: $267
- Misc. & General Donations: $92

**Total:** $868

**With Gratitude**

Many thanks to The Californian and Atria Covell Gardens for providing food for our May events.
Simplifying Sources and Citations

There's nearly always room for improvement when it comes to bringing order to the resources used in your family history research. The Davis Genealogy Club welcomes a new presenter for our meeting on Tuesday, June 18, 1:00-3:00 pm. Acclaimed speaker Nancy Loe will delight you as you learn how to create simple and effective sources and citations while combining the best practices of historians and genealogists. You will even be enthused about it after hearing her inspiring talk!

Nancy E. Loe, MA, MLS, is a genealogy researcher and educator. She has appeared on PBS’s American Experience and California Gold, and she presents in a fun and engaging way for all levels at national, regional, and local genealogy gatherings. After three decades in libraries and archives, Nancy now writes and lectures on her specializations: organizing research, and U.S. and European records. Her notable blog and newsletter are available at her website, sassyjanegenealogy.com, a site featured in Family Tree Magazine’s “Social Media Mavericks: 40 to Follow.” Excellent e-books on organizing and simplifying genealogy research and other family history topics are available to purchase and download at her site as well. You don't want to miss this meeting.

The Davis Genealogy Club library, staffed by volunteers, is open to the public Wednesdays & Fridays, 1:00-3:30 pm. Guests are always welcome at meetings, and annual membership is $10. Your membership dues or renewal can be collected at the meeting. To learn more about the Davis Genealogy Club and library, visit www.davisgenealogy.org or call Lisa Henderson at 916-508-4966.

Chinese Culture Club

The Chinese Culture Club meets monthly on the second and fourth Fridays. Join us this month June 14 & 28, 12:30-2:30 pm. The group explores Chinese culture through educational videos with English subtitles and practices traditional Chinese exercises and games. Everyone is welcome.

Davis Dynamos

This group includes those who enjoy walking for exercise or pleasure, being outdoors, sightseeing, history, seeing new places and meeting nice people. Newcomers are always welcome. For more information on walks and meeting dates, contact Jo Ann Pelz at 530-756-2315 or email djpelz@gmail.com.

Mac Users Group

The Mac Users group will meet Tuesday, June 11 at 6:30 pm. Discussion topics vary and may include upcoming hardware and troubleshooting software issues. Everyone is welcome. For more information, call Eric Thompson at 530-758-3098.

Senior Center Staff

Maria Lucchesi - Community Services Supervisor
Lisa DeAmicis - Information & Assistance Coordinator
Dana Welch - Program Coordinator
Libby Wolf - Office Assistant
Cards & Games

The following game groups are led by volunteers and may be canceled on occasion.

Bingo
Thursdays - 12:30 pm
Hosted by Davis Sunset Rotary.
Snacks provided.

Dungeons & Dragons
Mondays - 5:00 pm
A fantasy adventure game. 18+ welcome.

Duplicate Bridge
Mondays - 12:15 pm
Contact akamos@comcast.net

Evening Social Bridge
Mondays - 6:00 pm

Mah Jongg (American League)
Mondays - 12:00 noon

Ping Pong
Tuesdays & Thursdays - 12:00 noon
Games are played on meeting tables.
Contact Marilu Carter at mccarter@ucdavis.edu.

Arts & Crafts

Watercolor Group
Our instructor for June is Chris Shackel. She will lead us in modern color exercises and also one class on drawing. For the color classes bring your usual painting supplies as well as your tubes of paint. For drawing bring a pencil, sketching paper and a board to hold the paper.

Classes are held every Friday morning in the Valente room. The doors open at 9:00 am, class starts at 9:30 am and ends at 11:00 am. For more info contact Sandi at sandramatthys@att.net.
July and August are open studio with some mini classes held.

Project Linus of Yolo County
Happiness is a warm blanket made with love! 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, June 12, 1:30-3:30 pm at the Senior Center to share ideas, patterns and lots of good conversation. All are welcome to attend and help sew Linus labels on handmade blankets that will be given to Yolo County organizations that serve children in need.

For more information, contact Diane McGee at dmmmyolo@gmail.com or call 530-753-3436.

Open Art & Craft Studio
The center’s Valente Room is open to all art enthusiasts, including painters, basket weavers and crafters Monday mornings beginning at 9:00 am. Drop in to work on your own project in our inviting studio space. It’s well lit and has large tables, allowing you to spread out and work on projects that might take more space than your home studio.

Hem & Haw
Anyone who loves to knit, crochet or stitch is welcome to join our friendly group on Wednesdays, 1:00-3:00 pm for conversation and creativity! https://hemandhawdavis.weebly.com

Davis Knit Night
Night Knitters meet in the lounge on Mondays, 5:00-8:00 pm. Bring your supplies and give it a try! All ages and abilities welcome. Questions? Email Barbara Worsham barbsabc@jcis.net.
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<thead>
<tr>
<th>Monday June 3</th>
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<th>Wednesday June 5</th>
<th>Thursday June 6</th>
<th>Friday June 7</th>
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<tr>
<td><strong>Ortega Chicken</strong></td>
<td><strong>Salisbury Steak w/Gravy</strong></td>
<td><strong>Chicken Cobb Salad</strong></td>
<td><strong>Jamaican Crab Cake</strong></td>
<td><strong>Minestrone Verde Soup</strong></td>
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<td>w/Cheese, Tortilla Chips</td>
<td>California Blend Veggies*</td>
<td>Crisp Greens, Tomatoes, Bacon, Blue Cheese w/Avocado Dressing</td>
<td>w/Mango Salsa</td>
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<td>Black Beans</td>
<td>Mashed Potatoes*</td>
<td>Pasta Salad / + Crackers</td>
<td>Bahama Vegetables*</td>
<td>Stewed Tomatoes</td>
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<td>Mixed Vegetables*</td>
<td>Wheat Roll</td>
<td>Fruited Lime Gelatin Whip</td>
<td>Caribbean Rice*</td>
<td>Soft Garlic Bread Stick</td>
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<tr>
<td>Tropical Fruit*</td>
<td>Fruit Juice*</td>
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<td>Wheat Roll / + Fruit*</td>
<td>Fresh Fruit*</td>
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<th>Thursday June 13</th>
<th><strong>Friday June 14</strong></th>
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<tr>
<td><strong>Crispy Chicken Tenders</strong></td>
<td><strong>Sweet &amp; Sour Pork</strong></td>
<td><strong>Tuna Sandwich</strong></td>
<td><strong>Ground Turkey Stroganoff</strong></td>
<td><strong>Celebrate Father’s Day</strong></td>
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<td>Steamed Carrots*</td>
<td>Steamed Peas</td>
<td>w/lettuce &amp; Tomato on Whole Wheat Bread</td>
<td>Served over Noodles</td>
<td><strong>Bacon Cheese Burger</strong></td>
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<td>O’Brian Potatoes*</td>
<td>Brown Rice</td>
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<td>Spinach Salad* / + Baguette</td>
<td>Buttery Corn</td>
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<td>Buttermilk Biscuit</td>
<td>Fortune Cookie</td>
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<td>Cinnamon Apples</td>
<td>Potato Chips / + Fruit Juice*</td>
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<td>Cup*</td>
<td>Pineapple Tidbits*</td>
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<tr>
<td><strong>Hot Dog</strong> (contains pork)</td>
<td><strong>Meatballs w/Marinara</strong></td>
<td><strong>Balsamic Chicken</strong></td>
<td><strong>Crispy Fish Filet</strong></td>
<td><strong>Mediterranean Chicken</strong></td>
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<td>w/Wheat Bun</td>
<td>served over Pasta</td>
<td>w/toasted Walnuts &amp; Fruit</td>
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<td>Rice Pilaf*</td>
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<td>Baked Beans</td>
<td>Italian Vegetable Blend*</td>
<td>served over Spring Mix</td>
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<td>Marinated Salad</td>
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<td>Mixed Vegetables</td>
<td>Wheat Roll</td>
<td>3 Bean Salad / + Crackers</td>
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<td>Bread</td>
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<td>Fruit Juice*</td>
<td>Fruit Medley*</td>
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<td>Fresh Fruit</td>
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<th>Friday June 28</th>
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<tr>
<td><strong>Pepper Steak w/ Bell Peppers &amp; Tomato Sauce</strong></td>
<td><strong>Annual “Mystery Meal”</strong></td>
<td><strong>Birthday Celebration</strong></td>
<td><strong>Flavorful Orange Chicken</strong></td>
<td><strong>Turkey Sandwich</strong></td>
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<tr>
<td>Wheat Pasta</td>
<td>Entrée will be either Chicken, Beef, Fish or Cheese (No Pork)</td>
<td>+ Ham &amp; Scalloped Potato Strata*</td>
<td>Served over Brown Rice</td>
<td>w/ Lettuce, Pickles, &amp; Condiments</td>
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<tr>
<td>Steamed Green Beans</td>
<td>Tantalizing Veggies</td>
<td>Classic Bread</td>
<td>Stir Fry Vegetable Blend</td>
<td>Served on a Soft Roll</td>
</tr>
<tr>
<td>Fruit Juice*</td>
<td>Classic Bread</td>
<td>Wheat Bread</td>
<td>Pineapple Tidbits*</td>
<td>Potato Salad</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Fruit Juice*</td>
<td>Fortune Cookies</td>
<td></td>
</tr>
</tbody>
</table>

Each Meal includes 8 oz 1% milk, Margarine & Condiments optional / + Vitamin C / + Vitamin A / = higher sodium meal / The arrows (>) listed next to foods are for those following a carbohydrate exchange system.

### Congregate Dining Sites
- **Reservations/Cancellations must be made by noon the day before by calling the site:**
  - Winters Community Center 201 Railroad Avenue 795-4241
  - Knights Landing/Esparo 662-7035 ext 0
  - Woodland Senior Center 2001 East Street 662-7035 ext 0
  - Main Office 662-7035

**Lunch starts at 11:30 am**

[www.mowyolo.org](http://www.mowyolo.org)
Empire Mine at Grass Valley
Monday, June 10 - Tour the mine and cottage. Enjoy miner’s lunch at the Clubhouse. $127

Alaskan Cruise - Inside Passage
June 15-25 - Roundtrip from S.F. A valid passport is required. Rates start at $2,298. Cruise participants, please pick up your cruise documents at the Senior Center Tuesday, June 4 at 10:00 am. Contact Travelaires at 530-753-4159 to confirm your attendance.

Oklahoma! at Music Circus
June 30 - Lunch on the Delta King. $169

The Beauty of Bodie
July 7-9 - Virginia City, Bodie and Tioga Pass. Two nights at the Shilo Inn at Mammoth Lakes, train ride Carson City to Virginia City. $689 ppdo, $879 single

The History of S.F. Transportation
Wednesday, August 28 - Includes buffet lunch at Lefty O’Doul’s, Cable Car ride and Museum, and Muni Museum. $139

Coming Attractions
Fall 2019 - Sacramento Delta
Sept. 25 - Filoli Gardens. $119
Oct. 12 - Fleet Week in San Francisco - includes buffet lunch aboard the SF Belle. $179
Oct. 6-16 - Timeless Japan - $2,869 ppdo
Dec. 29 - Beach Blanket Babylon - One of the final performances at Club Fugazi in SF
April 19-27, 2020 - Mississippi River Cruise* - New Orleans to Memphis. Prices start at $2,750 ppdo, includes roundtrip airfare.

*Mississippi River Cruise presentation by Alamo Travel, Tuesday, June 4 at 10:30 am at Davis Senior Center

Gary Boyce, Executive Director, gboyce_95758@yahoo.com
Sue Barnes, President, sbarnes@errc.ucla.edu

Davis Senior Center

The Scene

646 A Street, Davis, CA 95616
530-757-5696
Office hours: M-F, 9am - 4pm
### June 2019 Activities and Special Events

#### Ongoing Weekly Activities

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:00am</td>
<td>Step, Tone, Stretch^5^ (MPE)</td>
</tr>
<tr>
<td>7:45am</td>
<td>Tai Chi (Cont)^2^ (MPE)</td>
</tr>
<tr>
<td>7:45am</td>
<td>Fit For Life^6^ (MPE)</td>
</tr>
<tr>
<td>9:00am</td>
<td>Tai Chi (Basic)^3^ (MPE)</td>
</tr>
<tr>
<td>10:15am</td>
<td>Aware Thru Movmt^4^ (A)</td>
</tr>
<tr>
<td>10:30am</td>
<td>Intl. Folk Dancing^7^ (MPE)</td>
</tr>
<tr>
<td>11:00am</td>
<td>Ukulele Drop-in (G)</td>
</tr>
<tr>
<td>11:30am</td>
<td>Lunch Program (MPW)</td>
</tr>
<tr>
<td>10:00am</td>
<td>Dementia Caregivers Grp (Lib)</td>
</tr>
<tr>
<td>10:00am</td>
<td>Real ID Talk (V)</td>
</tr>
<tr>
<td>11:30am</td>
<td>Lunch Program (MPW)</td>
</tr>
<tr>
<td>10:00am</td>
<td>Transitions Support Grp (Lib)</td>
</tr>
<tr>
<td>12:00pm</td>
<td>Mah Jongg (G)</td>
</tr>
<tr>
<td>12:15pm</td>
<td>Duplicate Bridge (MPW)</td>
</tr>
<tr>
<td>2:00pm</td>
<td>Dynabands^2^ (MPE)</td>
</tr>
<tr>
<td>3:15pm</td>
<td>Fit for Life^4^ (MPE)</td>
</tr>
<tr>
<td>5:00pm</td>
<td>Dungeons &amp; Dragons (Lib)</td>
</tr>
<tr>
<td>5:30pm</td>
<td>Yoga &amp; Meditation^5^ (MPE)</td>
</tr>
<tr>
<td>6:00pm</td>
<td>Connections Café (V)</td>
</tr>
<tr>
<td>6:30pm</td>
<td>PM Aerobics^5^ (MPE)</td>
</tr>
</tbody>
</table>

#### Special and Once a Month Events

<table>
<thead>
<tr>
<th>Date</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>10:30 am Travelaires Presentation (G)</td>
</tr>
<tr>
<td>4</td>
<td>4:20 pm Sing Along (MPW)</td>
</tr>
<tr>
<td>5</td>
<td>10:00 am Transitions Support Grp (Lib)</td>
</tr>
<tr>
<td>6</td>
<td>10:30 am Walking With Poles^5^ (MPE)</td>
</tr>
<tr>
<td>7</td>
<td>12:15 pm Stan &amp; Ollie Film w/ special intro</td>
</tr>
<tr>
<td>10</td>
<td>10:00 am Real ID Talk (V)</td>
</tr>
<tr>
<td>11</td>
<td>8:30 am Smart Driver^2^ (G)</td>
</tr>
<tr>
<td>12</td>
<td>1:30 pm Parkinson's Care Partners (G)</td>
</tr>
<tr>
<td>13</td>
<td>1:30 pm Parkinson's Support Grp (G)</td>
</tr>
<tr>
<td>14</td>
<td>11:00 am Blood Pressure Check (MPW)</td>
</tr>
<tr>
<td>17</td>
<td>10:00 am Maynard Skinner (V)</td>
</tr>
<tr>
<td>18</td>
<td>10:00 am Dementia Caregivers Grp (Lib)</td>
</tr>
<tr>
<td>19</td>
<td>1:30 pm Parkinson's Support Grp (G)</td>
</tr>
<tr>
<td>20</td>
<td>2:15 pm Make Music Day (MPW)</td>
</tr>
<tr>
<td>24</td>
<td>10:00 am Men's Social Group (G)</td>
</tr>
<tr>
<td>25</td>
<td>10:00 am Men's Social Group (G)</td>
</tr>
<tr>
<td>26</td>
<td>10:00 am Men's Social Group (G)</td>
</tr>
<tr>
<td>27</td>
<td>10:00 am Men's Social Group (G)</td>
</tr>
<tr>
<td>28</td>
<td>10:00 am Men's Social Group (G)</td>
</tr>
</tbody>
</table>