Eat Ice Cream and Celebrate Volunteers

Family and friends are welcome to this annual free event that honors the volunteers that support our center. There will be ice cream, 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 Tuesday, August 13 at 12:30 pm. RSVP by August 12 at noon online (activity number search 200002), by calling 530-757-5696, or at the front desk.

Tour of Senior Center

The tour is back on Wednesday, August 21 at 9:30 am and remains a highlight for newcomers and also those familiar with us. The free event starts with Starbucks coffee, donuts and fruit, followed by a highlight video. Staff will lead a walk through the building and provide information about the social services offered plus answer questions. Consider bringing a friend or family member who could benefit from this casual introduction. Since the center has no membership, all are always welcome. No RSVP is needed.

Two-Day Jewelry Sale Coming Soon

Our annual fundraising Jewelry & Accessories Sale is now two days on Friday and Saturday, September 6 and 7, 9:00 am-1:00 pm. Look at the center’s hallway display case now to purchase items during the “pre-sale” with a 50% early bird premium added to the bargain price. See page 6 for more details.
**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.

**Aging in Place**

Most adults hope to “age in place,” but many homes are not designed to handle special needs that might arise. Mark your calendar for **Tuesday, September 24 at 1:00 pm** for a presentation on AARP’s Home Fit program. The speaker, Kris Ritualo, will discuss both simple and large-scale adaptations that can make the home more accommodating. Details will be provided for planning and implementing a home modification plan.

**Emergency Preparedness**

Disaster can strike at any moment, and without notice. Learn to cope with disasters by preparing in advance. The city of Davis has a variety of helpful information on this website: [https://cityofdavis.org/city-hall/emergency-information](https://cityofdavis.org/city-hall/emergency-information). Learn how to build a basic disaster supply kit, sign up to receive alerts, review ways to prepare for natural disasters, and more.
Health & Fitness

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

Awareness Through Movement/Feldenkrais

(T, 10:15-11:15 am) Continuing
(T, 11:30 am-12:30 pm) New/Continuing

Dyna-Bands
(M,W,F, 2:00-3:00 pm)
8/2-8/30
$46

Fit for Life
(M, W, F, 7:45 & 9:00 am, 3:15 pm)
8/2-8/30
$69

International Folk Dancing
(T, 10:30-11:30 am)
8/6-8/27
$16

Pilates
(T,Th, 2:30-3:30 pm)
8/1-8/29
$57

Strength & Fitness
(T,Th 4:00-5:00 pm)
8/1-8/29
$57

Tai Chi/Chi Gung
(T, 9:00-10:00 am) Basic
8/6-8/27
$25

(Y,M,Th, 10:30-11:30 am)
8/6-8/27
$25

Bands
(T, 9:00-10:00 am) Basic
8/1-8/29
$32

Yoga – Therapeutic
(M, 8:15-9:45 am)
8/5-8/26
$38
(Th, 8:15-9:45 am)
8/1-8/29
$47

Yoga – Intermediate Chair
(M,Th, 10:30-11:30 am)
8/1-8/29
$57

Yoga – Chair
(Th, 1:00-2:00 pm)
8/1-8/29
$32

Zumba
(F, 12:30-1:15 pm)
8/2-8/30
$28

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

Exploring Body, Breath & Mind

This new class, taught by yoga instructor Lisa Erskine, aims to improve balance, increase range of movement and prevent injury. The focus is on awareness and examination of individual muscles for improved function in daily life. Each two-hour session will alternate between upper and lower body work. One week the focus will be to strengthen and align the fingers, hands, wrists, shoulders, neck and head. The next week students will move feet, ankles, legs, hips and core to stretch and stabilize the lower body. Also taught will be a deeper understanding of the mind/body connection and sustained yoga asanas. Platforms available for those who need a raised space. Take a deep dive with this wellness program, and work to improve your quality of life. Tuesdays, September 3-24, 8:00-10:00 am. $50

Balance with Tai Chi

Practice balance using simple, slow Tai Chi movements. This 11-week class is appropriate for people of any age or ability. The focus is on improving balance, coordination, and flexibility, and taught without long sequences of movements to remember. No prior Tai Chi experience is needed. Tuesdays & Thursdays, September 10 - November 21, 2:15-3:15 pm. $138

Openings in Fit for Life

As we go to print there are several openings in the fall Fit for Life classes taught by Debbie Eernisse. These popular classes include warm-up, exercises performed seated, standing and occasionally on the floor using hand weights, ankle weights, balls and bands. Classes are held Monday, Wednesday and Friday. Classes may be viewed online (keyword search Fit For Life) or call 530-757-5696 for more information.
**TRANSPORTATION**

**Free Vouchers for Eligible Riders**
The Senior Transportation Voucher Program provides seniors with vouchers for YoloBus Special or Davis Community Transit. To be eligible, you must be 60+ and qualified to use one of the paratransit services. Vouchers are available beginning **Thursday, August 1** at the Senior Center. This program is funded by Agency on Aging Area 4. A $5 donation is suggested. For more information, or to arrange to pick up vouchers, contact Lisa at 530-757-5696.

**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. Don’t have time to get to the center? You can ride Unitrans for free by showing your Medicare card to the driver.

**Davis Community Transit**
This month we say farewell to our driver, Rozana, and we welcome Ruby Tapia to the DCT team! Rozana has moved on to a lab position at UCSF. Ruby comes to DCT with experience at Unitrans.
During the month of August we will be conducting a customer service survey as well as updating our current DCT promotional video. The survey and video will be done by Sam Cohen-Suelter, a summer intern for the Parks and Community Services Department. Sam will be conducting the survey with customers while on the bus as well as videotaping drivers and customers during DCT service. Participation in the survey and videotaping is optional. All customers involved will need to sign a City of Davis permission waiver. If you have any questions please contact the DCT main line at 530-747-8240.

**MUSIC & DANCE**

**Ukulele Drop-In Final Month**
The center’s Game Room is open **Tuesday mornings** for ukulele enthusiasts. True novices can come at **10:00 am** for a casual, free, group coaching session from a volunteer that includes an intro to tuning and instrument features. At **10:25 am**, beginners with some experience can arrive to learn some notes and practice strumming. All others can show up from **11:00 am-12:00 pm** for a lively jam session. This program will run through August 27. No RSVP needed. All ages are welcome. In the fall, traditional one hour fee based group lessons return. Look in the October *Scene* for dates and details.

**Sing Along**
This volunteer led Sing-Along program returns **Wednesday, September 4**. This is a free, monthly singing activity with live piano accompaniment with lyrics of well-known songs projected on a screen. No RSVP or singing experience is needed.

**Live Music in the Afternoon**
Every first and third Friday, the center is filled with the sound of music coming from the live band in the multi-purpose room. They play for free, and welcome an audience. Tunes include favorites from the 40’s and 50’s including hits from Frank Sinatra, Duke Ellington, Glen Miller, Harry Belafonte and many more. Requests welcome!
**Friday, August 2 & 16, 2:15-4:00 pm**

**Dance Classes**
See page 3 for dates and prices for the two dance classes offered at our center monthly: International Folk Dance and Zumba.
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, August 21 at 10:00 am

**Men’s Social Group**  
Wednesday, August 28 at 10:00 am

**Parkinson’s Care Partners Support Group**  
Thursday, August 8 at 1:30 pm

**Parkinson’s Support Group**  
No meeting in August

**Peripheral Neuropathy Support Group**  
No meeting in August

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**Free Friday Films**

### August 2 - Summer School

(1987) PG-13, 1 hour 37 minutes  
The high school gym teacher has to teach English in summer school if he wants tenure. If the students don’t pass the test, he’s fired. Stars Mark Harmon, Kirstie Alley, Robin Thomas.

### August 9 - The Big Sick

(2017) R, 2 hours  
Pakistan-born comedian Kumail Nanjiani and Emily Gardner fall in love but struggle as their cultures clash. When Emily gets sick, Kumail faces his and her parents and his feelings. Stars Kumail Nanjiani, Zoe Kazan.

### August 16 - Toy Story

(1995) G, 1 hour, 21 minutes  
A cowboy doll is profoundly threatened and jealous when a new spaceman figure supplants him as top toy in a boy’s room. Animated. Voices of Tom Hanks, Tim Allen, Don Rickles.

### August 23 - The Russians Are Coming! The Russians Are Coming!

(1966) NR, 2 hours, 6 minutes  
Without hostile intent, a Soviet submarine runs aground off New England. As a result, local villagers go into a tizzy, risking bloodshed in this comedy film. Stars Carl Reiner, Eva Marie Saint, Alan Arkin.

### August 30 - Becoming Jane

(2007) PG, 2 hours  
A biographical portrait of a pre-fame Jane Austen and her romance with a young Irishman. Stars Anne Hathaway, James McAvoy, Julie Walters.
FYI

Home Energy Assistance Program
It’s summertime, and the air conditioning bills are high! North Coast Energy Services is a non-profit organization that receives federal funding for the Low-income Home Energy Assistance Program (HEAP) through the State of California. HEAP assists low-income households with utility bills and weatherization. To be eligible, the monthly gross maximum household income is $2,098 for a one-person household, and $2,743 for a two-person household.

In addition to financial help, HEAP’s weatherization program can make your home more airtight and energy efficient. Some free improvements the program might provide include LED light bulbs, weather-stripping, air conditioner or swamp cooler replacement, advanced power strips, attic insulation, window repair/replacement, new refrigerator, etc.

For more information, contact North Coast Energy Services at 530-669-5700. Applications are also available at the Davis Senior Center.

Help with Jewelry Sale Prep
Every Tuesday in August, 9:00 am-12:00 noon, volunteers will meet to sort donated jewelry ahead of the sale (see page 1 for details). All are welcome to drop by and lend a hand for whatever time you have. No RSVP or experience necessary. Contact program coordinator Dana Welch at dwelch@cityofdavis.org or 530-757-5696 with questions.

Senior Commission
The City of Davis Senior Citizen Commission is on break in August. The next meeting will be Thursday, September 12 at 2:30 pm. For information, please contact Maria Lucchesi, Senior Center Supervisor, at 530-757-5696.

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. Click on “donate.” For more information, contact Maria Lucchesi at the Davis Senior Center, 530-757-5696.

The Gift of Giving

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

Duplicate Bridge $ 46
Hem & Haw / Knit Night $ 12
Mah Jongg $ 20
Members of Project Linus $ 27

Thank you also to those who donated toward the following:

Coffee $ 51
Display Case Jewelry Sale $ 11
Greeting Cards / Copier $ 56
Information & Assistance $ 14
Medical Equipment $ 606
Misc. & General Donations $ 467

Total : $ 1,310

We’re on Social Media
Are you on Facebook? Be sure to like the “Davis Senior Center” for updates and reminders as well as pictures of our programs. You can even share to your timeline.
Special Interest

Seeking Items for Fall Display

"People in Our Pasts" is the theme for a shared display that will be featured in the center’s display case in October. Local designer Lois Richter has created displays using materials loaned from the community such as "Calling All Cats" and "The Dog Days of Summer." This time, Lois will be putting together a vignette featuring your small portraits of ancestors as well as material from the Davis Genealogy Club that meets at our center. Material will be collected by mid-September for installation in early October. If you would like to lend an old photo (original or print) to this project, please phone or text Lois for details at 530-902-0209.

Genealogy Club on Break

Although the Club does not hold regular meetings in August, the genealogy library remains open to the public on Wednesdays & Fridays, 1:00-3:30 pm (except for holidays). A volunteer is available during these hours to help with questions. Check our website for updates. See you in September!

To learn more about the Davis Genealogy Club and library, visit www.davisgenealogy.org or call Lisa Henderson at 530-753-8943.

Chinese Culture Club

The Chinese Culture Club meets monthly on the second and fourth Fridays. Join us this month August 9 & 23, 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 dipelz@gmail.com.

Mac Users Group

The Mac Users group will meet Tuesday, August 13 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.

Craft Fair Applications Available

Do you or someone you know like to make crafts? Want to sell them? Applications are due September 9 to be considered for the annual Holiday Craft Fair on Saturday, November 2. Wares can be holiday themed or everyday items. Prices are $25 for a 6’ table, $35 for a 12’ table. Stop by the front desk for an application that includes full vendor details and instructions or email dwelch@cityofdavis.org.

Senior Center Staff

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

**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.

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**Watercolor Group**
On Friday, August 2, we will have a basic watercolor class with Chris Shackel as our instructor. The basics will include materials, what to buy, basic techniques, washes, glazing, color theory and terminology. This is focused on those who have no watercolor experience but is open to all who wish to learn. Feel free to invite a friend, come along, and bring your painting supplies to share. We hope to offer the basics class on the first Friday each month. The rest of August is open studio. We meet every **Friday, 9:30-11:00 am**, in the Valente room. Email Sandi with questions. sandramatthys@att.net

**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, August 14, 1:30-3:30 pm** at the Senior Center to share ideas, patterns and lots of good conversation. Davis area Cub Scouts, pictured here, pitched in earlier this year. (Yes, the Cub Scouts now include girls!)

For more information, contact Diane McGee at dmmyolo@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.
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<th>Monday</th>
<th>Tuesday</th>
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<tbody>
<tr>
<td><strong>Hungarian Beef</strong></td>
<td><strong>Alternate Meal</strong></td>
<td><strong>Turkey Chili w/Mixed Beans</strong></td>
<td><strong>Chicken Salad on a Soft Roll</strong></td>
<td><strong>Tuna Sandwich on Whole Wheat w/Lettuce &amp; Tomato</strong></td>
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<td>Served Over Brown Rice</td>
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<td>Combination</td>
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<td>Cauliflower &amp; Carrots*</td>
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<td>Wheat Bread</td>
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<td>Citrus Medley*</td>
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<td><strong>Balsamic Chicken Salad w/Toasted Nuts &amp; Fruit</strong></td>
<td>3 Bean Salad</td>
<td><strong>Hamburger w/Bun &amp; the Fixing’s Mixed Vegetables &amp; Oven Fried Potatoes &amp; Applesauce</strong></td>
<td><strong>Barbecued Chicken w/Coleslaw &amp; Buttermilk Biscuit &amp; Ice Cream &amp; Fruit Juice</strong></td>
<td><strong>Salad Bar Plate</strong> Spinnach Salad w/Cheese, Kidney Beans &amp; more! Pasta Salad &amp; Cottage Cheese/Fruit**</td>
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<td>Chicken Marsala</td>
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<td>Home-style Minestrone Soup</td>
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<td>Garden Salad*</td>
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<td>Baked Potato w/Sour Cream</td>
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<td>Savory Carrots*</td>
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<td>Wheat Bread</td>
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<td>Fruit Juice*</td>
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<td><strong>Pan Style Omelet</strong> O’Brian Tomatoes+</td>
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<td>Stewed Tomatoes+</td>
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<td>Wheat Roll</td>
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<td>Tropical Fruit+</td>
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<td><strong>Roast Beef Sandwich on Wheat Bread w/Condiments</strong></td>
<td>Macaroni Salad</td>
<td><strong>Crispy Breaded Fish w/Tartar Sauce</strong></td>
<td><strong>Hot Dog (all-beef) w/Bun &amp; Condiments</strong></td>
<td><strong>Chinese Chicken Salad Crisp Lettuce &amp; Cabbage, Chicken, Mushrooms, Green Onions, Crispy Wontons</strong></td>
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<tr>
<td>Greek Garbanzo Bean Salad</td>
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<td>Baguette w/Salami &amp; Cream Cheese</td>
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<td>Pineapple Coconut Delight</td>
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<td><strong>Gazed Ham</strong></td>
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<td>Creamy Whipped Sweet Potatoes*</td>
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<td>Peas &amp; Pearl Onions</td>
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<td>Wheat Bread</td>
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<td>Applesauce+</td>
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<td><strong>Happy Birthday Chicken Fajita w/Bell Peppers, Tomatoes, Onions &amp; Black Bean Chili</strong></td>
<td>Flour Tortilla / Juice* Birthday Cake</td>
<td><strong>Tuna Stuffed Tomato Served on Bed of Lettuce &amp; Potato Salad</strong></td>
<td><strong>Spaghetti &amp; Meatballs Italian Vegetables</strong></td>
<td><strong>Winters Community Center 201 Railroad Avenue 795-4241</strong></td>
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Each meal includes 8 oz 1% milk Margarine & Condiments optional +Vitamin C *= Higher Sodium Meal Partially funded by A4AA

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/Esparto** 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
Harrah’s Casino in Ione
**Saturday, August 17** - Spend 4 hours at Harrah’s new Northern California casino about one hour from Davis. $38

The History of S.F. Transportation
**Wednesday, August 28** - Cable car ride, Cable Car Museum and Muni Museum. Buffet lunch included at Lefty O’Doul’s Fisherman’s Wharf. $139

Canadian Rockies
**September 10-16** - Fly to Vancouver for a week of touring the Canadian Rockies. $2,499 pp

Santa Cruz Follies
**September 14** - Includes dinner at the Crow’s Nest on the water. $169

Grease, Fallon House Theatre, Columbia
**Wednesday, October 30** - Includes lunch $149

**Coming Attractions**

**Sept. 25** - Fall at Filoli Gardens. $119
**Oct. 12** - Fleet Week in San Francisco Bay - includes buffet lunch aboard the S.F. Belle. $179
**Mid-Nov.** - Annual poinsettia trip
**Mid-Dec.** - Shopping and S.F. holiday lights
**Dec. 29** - *Beach Blanket Babylon* - Our final trip to see this classic show in S.F. Lunch included. Seats limited. $186
**April 5-13, 2020** - Mississippi River Cruise - New Orleans to Memphis. Prices start at $2,750 ppdo, includes roundtrip airfare.
**May 16-22, 2020** - Grand Canyon & Sedona $1999 ppdbl
**Summer 2020** - Mount Rushmore & Yellowstone
**Oct. 17-25, 2020** - Oberammergau Passion Play in Germany and visit Salzburg and Vienna.
## August 2019 Activities and Special Events

### Ongoing Weekly Activities

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<th>Monday</th>
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<tr>
<td>6:00am Step, Tone, Stretch** (MPE)</td>
<td>7:45am Tai Chi (Cont)** (MPE)</td>
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<td>7:45am Fit For Life (MPE)</td>
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<td>8:15am Therapeutic Yoga (A)</td>
<td>7:45am Fit For Life (MPE)</td>
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<td>8:15am Therapeutic Yoga (A)</td>
<td>9:00am Tai Chi (Basic)** (MPE)</td>
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<td>9:00am Tai Chi (Basic)** (MPE)</td>
<td>7:45am Tai Chi (Cont)** (MPE)</td>
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<td>9:00am Fit For Life (MPE)</td>
<td>9:00am Jewelry Sale Prep (V)</td>
<td>9:00am Jewelry Sale Prep (V)</td>
<td>9:00am Jewelry Sale Prep (V)</td>
<td>9:00am Jewelry Sale Prep (V)</td>
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<tr>
<td>9:00am Open Art/Craft Studio (V)</td>
<td>10:00am Ukuulele Novice Drop-in (G)</td>
<td>10:00am Ukuulele Novice Drop-in (G)</td>
<td>10:30am Chair Yoga (Basic)** (A)</td>
<td>9:00am Open Art/Craft Studio (V)</td>
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<tr>
<td>10:30am Chair Yoga (Int)** (A)</td>
<td>10:15am Aware Thru Movement (A)</td>
<td>10:30am Chair Yoga (Int)** (A)</td>
<td>10:30am Chair Yoga (Int)** (A)</td>
<td>10:30am Chair Yoga (Int)** (A)</td>
</tr>
<tr>
<td>11:30am Lunch Program (MPW)</td>
<td>10:30am Intl. Folk Dancing (MPE)</td>
<td>11:30am Lunch Program (MPW)</td>
<td>11:30am Lunch Program (MPW)</td>
<td>11:30am Lunch Program (MPW)</td>
</tr>
<tr>
<td>12:00pm Mah Jongg (G)</td>
<td>11:00am Ukuulele Jam Session (G)</td>
<td>12:00pm Mah Jongg (G)</td>
<td>12:30pm Chair Yoga (Basic)** (A)</td>
<td>12:30pm Chair Yoga (Basic)** (A)</td>
</tr>
<tr>
<td>12:15pm Duplicate Bridge (MPW)</td>
<td>11:30am Aware Thru Movement (A)</td>
<td>12:00pm Duplicate Bridge (MPW)</td>
<td>12:30pm Chair Yoga (Basic)** (A)</td>
<td>12:30pm Chair Yoga (Basic)** (A)</td>
</tr>
<tr>
<td>2:00pm Dynabands® (MPE)</td>
<td>12:30pm Lunch Program (MPW)</td>
<td>2:00pm Dynabands® (MPE)</td>
<td>12:30pm Chair Yoga (Basic)** (A)</td>
<td>12:30pm Chair Yoga (Basic)** (A)</td>
</tr>
<tr>
<td>3:15pm Fit for Life (MPE)</td>
<td>12:30pm Lunch Program (MPW)</td>
<td>2:30pm Pilates® (MPE)</td>
<td>12:30pm Chair Yoga (Basic)** (A)</td>
<td>12:30pm Chair Yoga (Basic)** (A)</td>
</tr>
<tr>
<td>5-8:00pm Knit Night (Lg)</td>
<td>4:00pm Strength &amp; Fitness (MPE)</td>
<td>4:00pm Strength &amp; Fitness (MPE)</td>
<td>1:00pm Chair Yoga (Beg)** (A)</td>
<td>2:30pm Pilates® (MPE)</td>
</tr>
<tr>
<td>5:30pm Yoga &amp; Meditation** (V)</td>
<td>6:00pm PM Aerobics** (MPE)</td>
<td>6:30pm Meditation (Lg)</td>
<td>4:00pm Chair Yoga (Beg)** (A)</td>
<td>4:00pm Chair Yoga (Beg)** (A)</td>
</tr>
<tr>
<td>6:00pm Connections Café (V)</td>
<td>6:30pm PM Aerobics** (MPE)</td>
<td>6:00pm Social Bridge (G)</td>
<td>6:30pm Chair Yoga (Beg)** (A)</td>
<td>6:00pm Social Bridge (G)</td>
</tr>
<tr>
<td>1st &amp; 3rd Monday</td>
<td>6:00pm Social Bridge (G)</td>
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</tbody>
</table>

### Special and Once a Month Events

<table>
<thead>
<tr>
<th>Date</th>
<th>Activity</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>9:30 am</td>
<td>Basic Watercolor (V)</td>
</tr>
<tr>
<td>2</td>
<td>7:45 am</td>
<td>Fit For Life (MPE)</td>
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<tr>
<td>3</td>
<td>8:15 am</td>
<td>Therapeutic Yoga (A)</td>
</tr>
<tr>
<td>4</td>
<td>9:00 am</td>
<td>Tai Chi (Basic)** (MPE)</td>
</tr>
<tr>
<td>5</td>
<td>9:00 am</td>
<td>Tai Chi (Basic)** (MPE)</td>
</tr>
<tr>
<td>6</td>
<td>10:00 am</td>
<td>Parkinson's Care Partners (G)</td>
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<tr>
<td>7</td>
<td>1:30 pm</td>
<td>Parkinson's Care Partners (G)</td>
</tr>
<tr>
<td>8</td>
<td>1:30 pm</td>
<td>Senior Comm Mtg (G)</td>
</tr>
<tr>
<td>9</td>
<td>11:00 am</td>
<td>Blood Pressure Check (MPW)</td>
</tr>
<tr>
<td>10</td>
<td>12:00 pm</td>
<td>Ice Cream Social (MPR)</td>
</tr>
<tr>
<td>11</td>
<td>1:00 pm</td>
<td>Project Linus (MPW)</td>
</tr>
<tr>
<td>12</td>
<td>12:30 pm</td>
<td>Senior Center Tour (G)</td>
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<tr>
<td>13</td>
<td>1:30 pm</td>
<td>Parkinson's Support Grp (G)</td>
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<tr>
<td>14</td>
<td>9:30 am</td>
<td>Senior Center Tour (G)</td>
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<tr>
<td>15</td>
<td>10:00 am</td>
<td>Dementia Caregivers Grp (Lib)</td>
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<tr>
<td>16</td>
<td>11:00 am</td>
<td>Food Distribution (MPW)</td>
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<tr>
<td>17</td>
<td>10:00 am</td>
<td>Watercolor Novice (V)</td>
</tr>
<tr>
<td>18</td>
<td>10:00 am</td>
<td>Men's Social Group (G)</td>
</tr>
</tbody>
</table>

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** indicates a Flex Pass Class
* indicates need to register for free activity and/or by appointment.