Regional Wine Dinner
Join us for an evening of wine, food and conversation on **Thursday, Feb. 13, 5:30-7:00 p.m.** Center volunteer and wine buff Larry Chandler will talk a little about regional favorites and discuss misconceptions about wine. Larry has been involved with wine for much of his career running wine clubs, wine seminars and wine dinners. The $11 tickets for food and entertainment are available at the front desk or by calling 530-757-5696. Unique and delicious wines selected by Larry will be sold by the glass by Davis Sunset Rotary Club for an additional $5.

Registration Day
To enroll in one of our more popular classes in the spring, mark your calendar for **Tuesday, Feb. 4.** That’s the first day of open registration for March, April, May and June classes.

Tracing African American Ancestry
In honor of Black History Month, join us for a lecture by Denise Griggs as she discusses resources for tracing history & family legacy, shares information about the Greater Sacramento Area African American Genealogy Society, and gives details about the upcoming African American Family History Seminar. Mrs. Griggs is a genealogist, author and owner of Glass Tree Books. She teaches beginning genealogy and research techniques through local libraries and seminars. She is the exhibit chair for the Family History Seminar. **Thursday, February 27 at 10:30 a.m.**

Newcomer Tour
Learn about Davis Senior Center staff, programs and services **Friday, Feb. 7, 9:30-10:30 a.m.** See page 6 for more information.
Managing Finances for Vulnerable

Who can help when a vulnerable older adult can no longer care for themselves and does not have a trusted friend or family member to manage their affairs? A professional fiduciary might be the answer. Among the services a professional fiduciary might provide are banking and bill paying, daily care and housing needs, estate management and administration and tax preparation and payment. They can also hire and coordinate the services of other professionals. Learn more Thursday, Feb. 20 at 10:00 a.m., when Rebecca May, chief of the CA Professional Fiduciaries Bureau explains what a professional fiduciary does and how they are licensed.

Mah Jongg for Everyone

If you are interested in observing and then learning to play American Mah Jongg, you are invited to attend free tutorials in the center’s multipurpose room Tuesdays, Feb. 18 - March 10, 1:00-3:00 p.m. Players will provide brief explanations of how the game is progressing and the objectives of the play. If you remember playing Mah Jongg in your youth, come learn the challenges as an adult. If you have never played, come discover the fascination with this game. Graduates of the tutorials, as well as any experienced players, are welcome to join the group in our weekly play, Mondays at 12:00 p.m. No RSVP needed. For information email Janice Bridge at Janice.bridge@gmail.com

Using Smartphones for People with Vision or Hearing Impairments

Many people have difficulty seeing or hearing their smartphones. Learn to make your smartphone work better for you in a free, onsite training offered by the California Telephone Access Program. Learn how to:
- make your smartphone louder and easier to hear
- send or receive text messages
- connect Bluetooth devices
- operate the basic functions of your smartphone
- and much more

Training for Android users will be Thursday, Feb. 27, 9:30-11:30 a.m. Training for iPhone users will be Thursday, March 5, 9:30-11:30 a.m. Pre-registration is required by calling 530-757-5696. A minimum of four people must sign up for these workshops to be held.

Connections Café

Drop in for free technology tutoring on Monday, Feb. 3, 6:00-8:00 p.m. Ask your questions about how to use your laptop, iPad or smart phone. Our volunteers can help. Need help at a different time? Call the center at 530-757-5696 for a complimentary weekday appointment with a volunteer tutor.

Senior Center Staff

Maria Lucchesi - Community Services Supervisor
Lisa DeAmicis - Information & Assistance Coordinator
Michael Cirelli - Program Coordinator
Libby Wolf - Office Assistant
## 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 a.m.)** Continuing  **2/4-2/25** $25
- **(T, 11:30 a.m.-12:30 p.m.)** New/Cont.  **2/4-2/25** $13

### Body, Breath and Mind
- **(T, 8:00-10:00 a.m.)**  **2/4-2/25** $50

### Dyna-Bands
- **(M, W, F, 2:00-3:00 p.m.)**  **2/3-2/28** $39

### Fit for Life (all classes full)
- **(M, W, F, 7:45 & 9:00 am, 3:15 p.m.)**  **2/3-2/28** $58

### International Folk Dancing
- **(T, 10:30-11:30 a.m.)**  **2/4-2/25** $21

### Pilates
- **(T, Th, 2:30-3:30 p.m.)**  **2/4-2/27** $50

### Strength & Fitness
- **(T, Th 4:00-5:00 p.m.)**  **2/4-2/27** $50

### Tai Chi/Chi Gung
- **(T, 7:45-8:45 a.m.)** Continuing  **2/4-2/25** $25
- **(T, 9:00-10:00 a.m.)** Basic (full)  **2/4-2/25** $25
- **(Th, 9:00-10:00 a.m.)** Basic (full)  **2/6-2/27** $25

### Yoga – Therapeutic
- **(M, 8:15-9:45 a.m.)**  **2/6-2/27** $29
- **(Th, 8:15-9:45 a.m.)**  **2/4-2/25** $38

### Yoga – Intermediate Chair
- **(M, 10:30-11:30 a.m.)**  **2/3-2/24** $19
- **(Th, 10:30-11:30 a.m.)**  **2/6-2/27** $25

### Yoga – Chair
- **(Th, 1:00-2:00 p.m.)**  **2/6-2/27** $25

### Zumba
- **(F, 12:30-1:15 p.m.)**  **2/7-2/28** $22

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**How to Fall**

Falling can cause a serious injury, and the fear of falling can increase our chances of a fall. Learn the right way to fall and create a “fall action plan.” Practice and acquire the techniques to minimize the impact, prevent severe injury and reduce your fear. Participants should wear comfortable clothing and be prepared to squat, roll on mats and move on the floor. This one-day workshop, with instructor Debbie Eernisse, meets at 2795 2nd Street in Davis. It will be adventurous and practical. **Thursday, March 19, 2:00-4:00 p.m.** $21

### Introduction to Tai Chi

Tai Chi is a mind body exercise that integrates relaxed flowing movements done with mindfulness and natural breathing. This new ongoing Thursday class intended for beginners will introduce you to basic Tai Chi and Qi Gong movements after which you will feel relaxed and invigorated. **Thursdays, March 5-26, 10:15-11:15 a.m.** $25

### Flex Pass Classes

The Flex Pass is a pre-paid punch card that works for specific classes offered during early morning and evening hours at the Senior Center: Sunrise Step, Tone & Stretch (M, W, F 6:00-7:00 a.m.), Yoga & Meditation (M 5:30-6:30 p.m.), and PM Aerobics (T, Th 6:30-7:30 p.m.). Only pay for what you use, or try different classes. For details, call us at 530-757-5696 or look online at [www.cityofdavis.org](http://www.cityofdavis.org) (click the “Recreation Online” icon, then click the “Fitness Flex Pass” tab).

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

Unitrans Bus Schedules & Passes

Unitrans schedules are available in the lobby of the Senior Center. Free Unitrans bus passes are also available for those age 60+. 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 goodbye to Emily and Dakotah. We wish them well in their future endeavors!

Last year was a busy one for DCT! In 2019 we provided 17,474 rides, drove 65,148 miles and operated 5,423 hours of service.

Please be reminded that when Unitrans is not operating DCT operating hours follow the Yolobus operating hours. When DCT follows the Yolobus operating hours there is a premium fare of $4.50 for a one-way ride. If you have any questions, please contact the DCT main line at 530-747-8240.

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 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.

Travel Training Coming April

Learn about the variety of transportation options available in Davis. Attend the free Travel Training event Saturday, April 25 from 9:00 am-12:00 noon at the Senior Center. Meet representatives from Unitrans, Davis Community Transit, Yolobus, ride-hailing services and bike share. No RSVP needed.

MUSIC & DANCE

Ukulele Lessons

Sign up for something fun, and challenge your brain. UC Davis student Ashley Ricafrente teaches beginning ukulele lessons monthly Wednesdays, 1:00-2:00 p.m. Each session has four classes and costs $41. Register at the front desk or over the phone (with waiver on file).

Sing Along to 60’s and 70’s Music

Join the sing-along Wednesday, Feb. 5, 4:20-5:20 p.m. This volunteer-led, free program includes live piano accompaniment with lyrics of well-known songs projected on a big screen. No singing experience is necessary.

Live Music in the Afternoon

Every first and third Friday the center hosts a live band in the multi-purpose room. They play for free and welcome an audience. Tunes include favorites from the 1940s and 1950s. Requests are welcome! Friday, Feb. 7 & 21, 2:15-4:00 p.m.

Seeking Display Case Exhibitors

The Davis Senior Center is looking to fill its 2020 display case with a monthly rotation of personal collections from the community. Past displays have included tea pots, nutcrackers, figurines and handmade wood carvings. Please call 530-757-5696 to provide your name, phone number and what you would like to display. Staff will contact you to discuss the collection and a future month for installation.
February 7 – Wine Country
(2019) R, 1 hour 43 minutes
Comedy
During a vacation to Napa Valley, a group of long time friends reunite and revisit past choices in this hilarious and heartfelt comedy from director Amy Poehler.

February 14 – 2020 Oscar Winner TBA
Best Picture Nominees
• Ford V Ferrari
• The Irishman
• Jojo Rabbit
• Joker
• Little Women
• Marriage Story
• 1917
• Parasite
• Once Upon A Time In Hollywood

February 21 – BlacKkKlansman
(2018) R, 2 hours 15 minutes
Biography, Crime, Drama
Ron Stallworth, an African American police officer from Colorado Springs, CO, successfully manages to infiltrate the local Ku Klux Klan branch with the help of a Jewish surrogate who eventually becomes its leader. Based on actual events.

February 28 – Hidden Figures
(2016) PG, 2 hour 7 minutes
Biography, Drama, History
The story of a team of female African-American mathematicians who served a vital role in NASA during the early years of the U.S. space program.

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, Feb. 19, 10:00 a.m.

Men’s Social Group
Wednesday, Feb. 26, 10:00 a.m.

Parkinson’s Care Partners Support Group
Thursday, Feb. 13, 1:30 p.m.

Parkinson’s Support Group
Thursday, Feb. 20, 1:30 p.m.

Peripheral Neuropathy Support Group
Tuesday, Feb. 11, 3:30 p.m.

Services/Resources

• Advance Health Care Directives ($2.50 donation)
• Battery and Eyeglass Recycling
• Blood Pressure Checks (3rd Fri., 11:00 a.m.-noon)
• Copy Machine ($.10 each) Greeting Cards ($.25)
• DMV Sample Drivers Tests ($2 donation)
• Dyna-Bands ($5)
• Federal Food Distribution (3rd Wed., 11:00 a.m.)
• Health Insurance Counseling & Advocacy Program* (HICAP) (916-376-8915)
• Information & Assistance
• Legal Consultations*
• Medical Equipment Lending Closet (9:00 a.m. - 3:30 p.m.)
• Resources for Independent Living - RIL* (916-446-3074)
• 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**

**Tour of Center**

Mark your calendar now, or tell a friend about our Tour & Coffee event set for **Friday, Feb. 7, 9:30 - 10:30 a.m.** Center staff will describe the many classes and services offered and lead a tour through the building. Even if you already attend center programs we bet you’ll learn something new. Complimentary donuts and Starbucks coffee provided. No RSVP necessary.

**Always Wanted to Teach?**

The AARP Driver Safety Program at the Davis Senior Center has been cancelled for months due to lack of a volunteer instructor. We need someone willing to teach this classroom-style course held at the center. No behind-the-wheel instruction is involved. The schedule is flexible, involving only a few days per month. Training is provided. If you are interested in this rewarding volunteer opportunity, please go to [https://www.aarp.org/auto/driver-safety/volunteernow](https://www.aarp.org/auto/driver-safety/volunteernow).

**Tax Appointments: 530-324-5007**

The AARP Foundation offers free tax preparation assistance at the Davis Senior Center during tax season. Unlike previous years, appointments cannot be scheduled directly through the Senior Center. To make an appointment, please call 530-324-5007.

**Used Jewelry Donations**

Cleaning out your drawers? Consider donating any unwanted jewelry to the Davis Senior Center for our fall fundraising Jewelry Sale. You can receive a receipt for your donation, and your jewelry goes on to its next life all while benefiting programs and services at our center.

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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,

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**The Gift of Giving**

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

- Duplicate Bridge $25
- Hem & Haw / Knit Night $52
- Members of Project Linus $47

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

- Coffee $20
- Greeting Cards / Copies $49
- Jewelry Sale $142
- Medical Equipment $505
- Misc. & General Donations $417

**Total:** $1,257

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**Thank You!**

Special thanks to Grace Chen for funding the Lion Dance performance, Tai Chi and Kung Fu demonstrations for the center’s Chinese New Year event last month.
One-Step to Better Searching

One-Step Webpages: A Potpourri of Genealogical Search Tools is the Davis Genealogy Club’s topic on Tuesday, Feb. 18, 1:00-3:00 p.m. Steve Morse returns to describe the range of incredible tools available and give the highlights of each one. The One-Step website started out as an aid for effectively finding passengers in the Ellis Island database, and it has continued to evolve to now include about 300 web-based tools, many of which can help find those hidden gems.

Stephen Morse has earned numerous awards for creating the One-Step website. In his other life Morse is a computer professional with a doctorate degree in electrical engineering, best known as the architect of the Intel 8086 (the granddaddy of today’s Pentium processor), which sparked the PC revolution. We welcome Steve back to Davis!

The Davis Genealogy Club library, staffed by volunteers, is open to the public each Wednesday and Friday, 1:00-3:30 p.m. Guests are always welcome at meetings. To learn more about the Davis Genealogy Club and Library, visit our website at www.davisgenealogy.org or call Lisa Henderson at 530-753-8943.

Chinese Culture Club

The Chinese Culture Club meets this month on Friday, Feb. 14 & 28, 12:30-2:30 p.m. The group explores Chinese culture through educational videos with English subtitles and practices traditional Chinese exercises and games. Everyone is welcome.

Mac Users Group

The Mac Users group will meet Tuesday, Feb. 11, 6:30 p.m. 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 Commission

The City of Davis Senior Citizen Commission will meet Thursday, Feb. 14, 2:30 p.m. at Community Chambers, 23 Russell Blvd. The public is always welcome to attend the commission meetings. For details, contact Maria Lucchesi, senior center supervisor, at 530-757-5696.

Waldorf Fiddlers Coming in March

Celebrate Saint Patrick’s Day by enjoying the spirited sounds of the Waldorf School Fiddlers on Tuesday, March 17, 1:15-1:45 pm. Refreshments will be served compliments of Comfort Keepers. No RSVP needed for this free program.

Davis Public Art Map

Pick up the newly published City of Davis Public Art map in the Senior Center lobby. The free map lists the artwork titles, the name of the artists and the location in the city or on the UC Davis campus. Pick up the map and discover statues, paintings, mosaics, sculptures, etc. that make up the treasure trove of public art in our area. You’ll be amazed by the variety and the talent on display right in our neighborhood!

Photo on Page 1 - Davis Sunset Rotary volunteers sitting at the wine table for last year’s Yolo Wine dinner. Sunset Rotary donates the proceeds of wine sales to the center’s Dianne Hinsz Memorial Scholarship Fund which provides scholarships for seniors with limited incomes to register for special-interest or fitness-related classes offered by the Senior Center.
The following game groups are led by volunteers and may be canceled on occasion.

**Bingo**
Thursdays - 12:30 p.m.
Hosted by Davis Sunset Rotary.
Snacks provided.

**Duplicate Bridge**
Mondays - 12:15 p.m.
Contact akamos@comcast.net

**Evening Social Bridge**
Mondays - 6:00 p.m.

**Mah Jongg**
(American League)
Mondays - 12:00 noon
Mah Jongg tutorials—see page 2

**Table Tennis**
Tuesdays & Thursdays - 12:00 noon
Games are played on meeting tables.

**Watercolor Group**
Sally Besser will be teaching the first two weeks in February. **Friday, Feb. 7** will be line and wash flowers, including how to draw the flowers. **On Feb. 14** we will do trees, limbs and leaves with emphasis on foreshortening. The last two weeks will be taught by Carrie Ceniseroz.

We meet every **Friday, 9:30-11:00 a.m.** in the Valente room of the Senior Center. The doors open at 9:00 a.m. Come early to get a good seat and visit. For more info or questions contact Sandi at 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, Feb. 12, 1:30-3:30 p.m.** at the Senior Center to share ideas, patterns and lots of good conversation.

For more information, contact Diane McGee at dmyolo@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 a.m.**

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.
### February Menu

<table>
<thead>
<tr>
<th>Lunch starts at 11:30 am</th>
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**Menu Subject to Change**

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<th>10</th>
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</thead>
<tbody>
<tr>
<td>Crispy Fish Fillet w/Tartar Sauce</td>
<td>Beef w/Burgundy Sauce Served Over Rice</td>
<td>Oven Fried Chicken</td>
<td>Delightful Lentil Soup*</td>
<td>Beef Tamale Pie</td>
<td>Macaroni &amp; Cheese (Made from Scratch)</td>
</tr>
<tr>
<td>Maiden's Specials</td>
<td>Chef's Blend Vegetables</td>
<td>Mashed Potatoes</td>
<td>Stewed Tomatoes</td>
<td>Fiesta Beans</td>
<td>Mixed Vegetables*</td>
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<tr>
<td>&amp; Steamed Spinach*</td>
<td>Wheat Roll</td>
<td>Coleslaw*+</td>
<td>Baguette</td>
<td>Brussel Sprouts+</td>
<td>Wheat Roll</td>
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<tr>
<td>Bread</td>
<td>Citrus Blend</td>
<td>Buttermilk Biscuit</td>
<td>Mandarin Orange Segments+</td>
<td>Fresh Fruit+</td>
<td>Fruit Juice+</td>
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<tr>
<td>Powerful Potatoes</td>
<td><em>Tri-mountain Blend Vegetables</em></td>
<td><em>Asian Greens</em></td>
<td><em>Fresh Corn</em></td>
<td><em>Fresh Fruit</em></td>
<td><em>Mixed Vegetables</em></td>
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<td>13</td>
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<tr>
<td>Baked Ham w/glaze</td>
<td>Whipped Sweet Potatoes*</td>
<td>Baked Ham w/glaze</td>
<td>Three Bean Salad over</td>
<td>Happy Valentine's Day</td>
<td>Tasty Meatloaf w/Gravy</td>
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<tr>
<td>Orange Chicken</td>
<td>Fortune Cookies</td>
<td>Baked Cinnamon Apples</td>
<td>Crisp Greens</td>
<td>BBQ Beef on a Wheat Bun</td>
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<tr>
<td>Flavorful Rice</td>
<td>Pineapple Tidbits+</td>
<td>Bread</td>
<td><em>Butterscotch Pudding</em></td>
<td><em>Grilled Corn</em></td>
<td><em>Beef Stroganoff</em></td>
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<td>Stir Fry Veggies</td>
<td>Higher Sodium##</td>
<td>Juicy</td>
<td><em>Pizza</em></td>
<td><em>Fruit Crisp</em></td>
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<tr>
<td>Chinese Noodles</td>
<td>Higher Sodium##</td>
<td>Higher Sodium##</td>
<td><em>Cheese Bread</em></td>
<td><em>Fruit Crisp</em></td>
<td><em>Fruit Crisp</em></td>
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<td>Fortune Cookies</td>
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<td>Bread</td>
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<td>Steamed Spinach*</td>
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<td>Wheat Roll</td>
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<td>Fruit Compote+</td>
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**Suggested Contributions:**

- $4.00 Seniors
- $3.50 Volunteers (< 60)
- $7.00 Guest Fee (required)
  (if under 60 unless w/ senior spouse)

**Congregate Dining Sites**

- Reservations/Cancellations must be made by noon the day before by calling the site:
  - Davis Senior Center 646 A Street 747-5870
  - Knights Landing/Esparto 662-7035

**West Sacramento**

- 664 Cummins Way (916) 373-5805
- Winters Community Center 201 Railroad Avenue 795-4241
- Woodland Senior Center 2001 East Street 662-7035
- Main Office 662-7035

*Happy Birthday*

- Turkey Chili w/Black Beans | Cornbread | Garden Salad | Crackers | Applesauce+ | Teriyaki Chicken | Stir Fry* Brown Rice | Japanese Blend Veggies | Juice+ | Birthday Dessert | Salad | Crackers | Apple sauce |

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Lunch starts at 11:30 am
Cirque du Soliel
Saturday, Feb. 15 - Late afternoon performance at Sutter Health Field in West Sacramento. Wait List. $115

Frida Kahlo at the DeYoung
Tuesday, March 24 - Many of the artist’s personal items on display along with 20 of her paintings. Lunch on your own and a visit to the Legion of Honor in the afternoon. Depart 8:00 a.m. and return 5:00 p.m. $97

Golden Gate Park 150th Anniversary
Wednesday, April 22 - Extensive visit, including lunch at Beach Chalet Restaurant. $158

The Clairvaux Abbey & Winery
Monday, April 27 - in Vina, CA. Lunch included at Sierra Nevada Brewing Company in Chico. $133

Grand Canyon & Sedona
May 16-22 - Includes one night in L.A., two nights in Sedona, a narrated rim tour at the Grand Canyon, & Grand Canyon railway. $1999 ppdo

Coming Attractions
Aug. 31-Sept. 10 - Mount Rushmore & Yellowstone $2999 ppdo, $3799 single


Feb. 8-23, 2021 - Panama Canal Cruise on Princess ship. Departs S.F. Includes flight home from Ft. Lauderdale. Book early and receive free drinks and wifi. ***Princess will host a cruise presentation Wednesday, Feb. 19, 2020 at 10:00 a.m., at the Davis Senior Center. Early booking available at the presentation.***

Gary Boyce, Executive Director, gboyce_95758@yahoo.com
Sue Barnes, President, suebarnes@ucla.edu
# February 2020 Activities and Special Events

## Ongoing Weekly Activities

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
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<tbody>
<tr>
<td>6:00 am</td>
<td>Step, Tone, Stretch** (MPE)</td>
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<tr>
<td>6:00 am</td>
<td>Tai Chi (Cont) (MPE)</td>
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<tr>
<td>7:45 am</td>
<td>Fit For Life (MPE)</td>
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<td>8:00 am</td>
<td>Body, Breath &amp; Mind (A)</td>
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<tr>
<td>9:00 am</td>
<td>Tai Chi (Basic) (MPE)</td>
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<td>10:15 am</td>
<td>Aware Thru Mvmt (A)</td>
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<td>10:30 am</td>
<td>Intl. Folk Dancing (MPE)</td>
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<tr>
<td>11:30 am</td>
<td>Lunch Program (MPE)</td>
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<td>12:00 pm</td>
<td>Table Tennis (MPE)</td>
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<td>1:00 pm</td>
<td>Hem &amp; Haw (A)</td>
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<td>1:00 pm</td>
<td>Ukulele (MPE)</td>
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<td>2:00 pm</td>
<td>Watercolor (Int) (V)</td>
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<td>2:30 pm</td>
<td>Pilates (MPE)</td>
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<td>4:00 pm</td>
<td>Strength &amp; Fitness (MPE)</td>
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<tr>
<td>6:30 pm</td>
<td>PM Aerobics** (MPE)</td>
<td>A</td>
</tr>
</tbody>
</table>

## Special and Once a Month Events

<table>
<thead>
<tr>
<th>Day</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-3</td>
<td>Connections Café (V)</td>
<td>V</td>
</tr>
<tr>
<td>1st</td>
<td>Social Bridge (G)</td>
<td>G</td>
</tr>
<tr>
<td>3</td>
<td>Registration Day (Ly)</td>
<td>Ly</td>
</tr>
<tr>
<td>4</td>
<td>Sing Along (MPW)</td>
<td>P</td>
</tr>
<tr>
<td>5</td>
<td>Project Linus (MPW)</td>
<td>A</td>
</tr>
<tr>
<td>6</td>
<td>Parkinson’s Care Partners (G)</td>
<td>P</td>
</tr>
<tr>
<td>7</td>
<td>Happy Valentine’s Day!</td>
<td>P</td>
</tr>
<tr>
<td>11</td>
<td>Peripheral Neuropathy Grp (G)</td>
<td>P</td>
</tr>
<tr>
<td>11</td>
<td>Mac Users Grp (G)</td>
<td>P</td>
</tr>
<tr>
<td>13</td>
<td>Senior Comm Mtg (CC)</td>
<td>P</td>
</tr>
<tr>
<td>14</td>
<td>Yolo Wine Dinner (V)</td>
<td>P</td>
</tr>
<tr>
<td>17</td>
<td>Mah Jongg Tutorials (MPW)</td>
<td>P</td>
</tr>
<tr>
<td>17</td>
<td>Genealogy Club (V)</td>
<td>P</td>
</tr>
<tr>
<td>18</td>
<td>Dementia Caregivers Grp (Lib)</td>
<td>P</td>
</tr>
<tr>
<td>18</td>
<td>Travelaires Presentation (A)</td>
<td>P</td>
</tr>
<tr>
<td>18</td>
<td>Food Distribution (MPE)</td>
<td>P</td>
</tr>
<tr>
<td>19</td>
<td>Professional Fiduciaries (V)</td>
<td>P</td>
</tr>
<tr>
<td>19</td>
<td>Parkinson’s Support Grp (G)</td>
<td>P</td>
</tr>
<tr>
<td>20</td>
<td>Blood Pressure Check (MPW)</td>
<td>P</td>
</tr>
<tr>
<td>24</td>
<td>Mah Jongg Tutorials (MPW)</td>
<td>P</td>
</tr>
<tr>
<td>25</td>
<td>Men’s Social Group (G)</td>
<td>P</td>
</tr>
<tr>
<td>26</td>
<td>Tracing African American Ancestry (G)</td>
<td>P</td>
</tr>
<tr>
<td>27</td>
<td>Android Smart Phones* (V)</td>
<td>P</td>
</tr>
</tbody>
</table>

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- **A**: Activity Room
- **B**: Board Room
- **G**: Game Room
- **Lg**: Lounge
- **Lib**: Library
- **Ly**: Lobby
- **MPR**: Multi Purpose Room
- **MPW**: Multi Purpose East
- **P**: Parking Lot
- **V**: Valente Room

## Offsite Buildings:

- CC: Community Chambers
- 23 Russell Blvd.

---

**DAVIS SENIOR CENTER**

Senior Center Office
Open Weekdays
9:00 AM - 4:00 PM
646 A St.
Davis, CA 95616
(530) 757-5696
seniortours@cityofdavis.org

Davis Community Transit
530-747-8240

**Davis Senior Center**

1st & 3rd Monday

S P E C I A L   A N D   O N C E   A   M O N T H   E V E N T S

1st & 3rd Friday

O N G O I N G   W E E K L Y   A C T I V I T I E S

---

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- **$**: Indicates a Flex Pass Class

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