Center Update
Our office remains closed as we continue to abide by State and County orders to shelter in place. Canceled classes will be refunded and staff will reach out to you once programs can resume. Staff is checking the main office phone messages and email, so please contact us if you have any questions or concerns.

Health & Fitness Day
For the last 27 years, thousands of local organizations and hundreds of thousands of older adults have participated in National Senior Health & Fitness Day, the nation’s largest annual senior health and wellness celebration. (Volunteer Karen Kiger and friend are pictured above attending a past event.) This year’s celebration on Wednesday, May 27 will be virtual. Although our festivities may look a bit different, we look forward to hosting this program online. Check our website www.cityofdavis.org/seniorservices for details in the coming weeks.

Zoom Chat!
Staff invites you to a video and/or phone chat Thursday, May 14, at 1:00 p.m. through Zoom. Details will be available through our website at www.cityofdavis.org/seniorservices. Need help understanding Zoom? Check the website for information on a training session. No internet connection? Call the front desk after Wednesday, May 6 for details on how to join by phone.

We Want to Hear From You!
How are you using technology to stay connected? Senior Center staff wants to know what devices and programs you use to stay engaged while staying at home. According to an AARP study, over 90 percent of those age 50+ use a computer and 94 percent say technology helps them keep in touch. Click on this link https://www.surveymonkey.com/r/TWKRWK to fill out a brief survey or complete the form included in the Scene.
Resources

- **City/County Websites**
  Follow the City on Facebook, check the City website at [www.cityofdavis.org/coronavirus](http://www.cityofdavis.org/coronavirus), the Yolo County website at [www.yolocounty.org/coronavirus](http://www.yolocounty.org/coronavirus) and most importantly, please sign up to receive emergency notifications at: [http://www.yolo-alert.org/](http://www.yolo-alert.org/).

- **Friendship Line**
  Phone: 800-971-0016
  Provides crisis intervention and check-ins.

- **KDRT 95.7 FM**
  Email: info@davismedia.org.
  Local radio station providing COVID-19 community reports Tuesdays & Fridays from 12-12:30 p.m., repeating at 5:00 p.m. both days.

- **Information & Assistance**
  Phone: 211 or 833-544-2374
  Provides health, social and mental health resources.

- **Meals on Wheels**
  Phone: 530-747-5870
  Provides meals to existing customers.

- **Well Connected**
  Phone: 877-797-7299
  Free program offering phone activities.

- **Yolo Food Bank**
  Phone: 530-668-0690 Email: [https://yolofoodbank.org/](https://yolofoodbank.org/).
  Coordinates the distribution of food from a network of growers, distributors, wholesalers, grocery stores and more.

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**Senior Citizen Commission**

The Senior Commission will meet via Zoom on **Thursday, May 14 at 2:30 p.m.** The agenda with directions to log on will be posted by May 11 on [https://www.cityofdavis.org/city-hall/commissions-and-committees/senior-citizen-commission](https://www.cityofdavis.org/city-hall/commissions-and-committees/senior-citizen-commission), or call 530-757-5696 for details.

**Davis Community Transit**

In following Unitrans and Yolobus, DCT is operating fare free until further notice. We are encouraging customers to only go out for essential trips and ask that customers consolidate their trips as much as possible. DCT is expanding the shopping assistance program allowing up to four bags to the customer’s door on any trip. In accordance with county guidelines, DCT now requires all drivers and customers to wear acceptable facial covering while aboard the bus.

**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.

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**Senior Center Staff**

**Maria Lucchesi** - Community Services Supervisor

**Lisa DeAmicis** - Information & Assistance Coordinator

**Michael Cirelli** - Program Coordinator

**Libby Wolf** - Office Assistant
Instructor Spotlight!

Rika Matsuda is a Zumba Fitness® instructor who has taught at the Davis Senior Center for 10 years. She is known for her endless energy and charisma and has been a longtime favorite of center participants. Rika is licensed in physical therapy, certified group exercise instruction and is also a personal trainer.

Her choreography style is creative, dynamic and easy to learn. Rika has a keen ability to motivate and inspire new and advanced students alike to let loose and enjoy life through movement. Check out her tv debut on Good Day Sacramento here or visit our website at https://www.cityofdavis.org/city-hall/parks-and-community-services/senior-services to see the video along with a variety of custom created workouts.

Restaurant Meals for Seniors

Governor Newsom announced Friday, April 24, the launch of a first-in-the-nation “Restaurants Deliver Home Meals for Seniors” partnership with counties, cities, and tribes.

This program will help older and other adults at high risk from COVID-19 to stay home and stay healthy by delivering three nutritious meals a day and provide essential economic stimulus to local businesses and workers struggling to stay afloat during the COVID crisis. As the local programs get established in the next few days, more information will be provided on https://covid19.ca.gov/restaurants-deliver-home-meals-for-seniors/ or by calling 211.

Phone Friends

The Yolo Healthy Aging Alliance is accepting participants to receive calls and volunteers to make calls. YHAA will then match these “phone friends” for daily social check ins. Along with socializing, volunteers should also check that their senior friend has the food and medicine that they need. Seniors and volunteers interested in participating in the YHAA Phone Friends for Seniors program may register on the YHAA website at https://www.yolohealthyaging.org/phone-friend-forms or call 530-757-5583 to sign up.

Grocery Stores with Reserved Shopping for Seniors:

- Davis Food Co-Op: Monday – Sunday 8:00 a.m. – 10:00 a.m. https://davisfood.coop/blog/
- Nugget Market: Tuesday/Thursday 6:00 a.m. – 8:00 a.m. https://www.nuggetmarket.com
- Safeway: Tuesday/Thursday 7:00 a.m. – 9:00 a.m. https://www.safeway.com/faq/covid-19-faq.html
- Save Mart: Tuesday/Thursday (Grocery) 6:00 a.m. – 9:00 a.m. (Pharmacy) 7:00 a.m. – 9:00 a.m. https://www.savemart.com/keeping-you-safe
- Target: Tuesday/Wednesday 8:00 a.m. – 9:00 a.m. https://corporate.target.com/about/purpose-history/our-commitments/target-coronavirus-hub
- Trader Joe’s: Monday – Sunday 8:00 a.m. – 9:00 a.m. https://locations.traderjoes.com/ca/davis/182/
The Davis Travelaires is still on hiatus, and the office will be closed until the Davis Senior Center reopens. During this unprecedented pandemic, we realize that leisure travel will likely be disrupted for some time to come. We care first and foremost about the health and safety of our travelers, but when the time comes, we look forward to once again offering day trips and longer excursions. In the meantime, we are sharing some resources for virtual travel in hopes that it will help to satisfy your wanderlust. Below are websites with virtual tours of a variety of destinations, including Japan, Egypt, national parks, world heritage sites and much, much more: https://www.thrillist.com/travel/nation/virtual-trips-travel-tours https://www.smithsonianmag.com/travel/virtual-travel-180974440/. An internet search for “virtual travel” will reveal many more.

On television, the Travel Channel offers excellent shows including Legendary Locations, Expedition Unknown and America Unearthed. The BBC channel offers The Travel Show. PBS airs Rick Steves’ Europe, Globe Trekker and Travels with Darley. Although the Travelaires office is closed, we are monitoring messages from home and can be reached by email at DavisTravelaires@gmail.com or phone at 530-753-4159. We look forward to getting back on the road again when we can.

Sincerely,
Davis Travelaires Board of Directors:
Sue Barnes, President
Gary Boyce, Executive Director
Donna Hyatt, Secretary
Wanda Winton, Treasurer
Donna Dungan, Member-at-Large
Phyllis Brock, Member-at-Large
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