May Happenings

City of Davis Eco-Classes

- Nine free classes scheduled in May
- 6:30 pm, Veteran’s Memorial Center Game Room (unless noted otherwise)
- May 4: Community Choice Energy, is it good for Davis?
- May 11: Composting
- May 13: Safe Routes to School
May 18: Integrated Pest Management for the Home Gardner
May 19: Living with Urban Wildlife
May 21: Reducing Toxins in your Home
May 23: Wildlife/Habitat Tour at Putah Creek
May 26: Water Conservation & Water Quality
May 28: Protecting Our Creeks and Rivers, Pollution Prevention Basics

UC Davis Bike Auction
- Saturday, May 2, UC Davis Pavilion Parking Structure (Hutchison and Dairy)
- Viewing: 8:00-9:00, Auction: 9:00 am
- Over 400 bikes

Arboretum GATEway Garden Community Festival
- Sunday, May 3, 1:00-3:00 pm
- Arboretum GATEway Garden (behind the Davis Commons Shopping Center)
- Attendees welcomed to enjoy a variety of activities including guided tours, nature-inspired craft-making, singing, theatrical performances, in addition to opportunities to speak with staff and volunteers about the new landscape, built-in sustainability features, garden design, and the community involvement in its creation.
UCDHS Brown Bag: Local Hikes

- Monday, May 4, 12:00-1:00, MIND Institute Auditorium, Room 1115
- Bradley Gasawski of Outdoor Adventures, Campus Recreation and Unions
- Looking to "get away" from the Sacramento area for a few hours? We'll take a look at some of the local hikes, safe tips, and outdoor activities that are easy to access and provide a fun way to escape!
- LEARN MORE

UC Davis Whole Earth Festival

- May 8-10, Friday, Saturday, Sunday
- UC Davis Quad
- LEARN MORE

Reducing Your Risk of Alzheimer's Disease

- Thursday, May 14, 6:00-7:00 pm
- UC Davis MIND Institute, 2825 50th Street, Sacramento
- Discussion of lifestyle factors that can maintain brain function.
- Instructor: David A. Bennett, Director of...
UCDHS VA Family Caregiver Support Overview

- Wednesday, May 13, 12:00-1:00 pm
- UCDHS Brown Bag
- Cancer Center Auditorium 1100
- Instructor: Shon Tamblyn, LCSW, VA Caregiver Support Program Lead
- LEARN MORE

Yoga for Healthy Backs and Necks

- Thursday, May 14, 12:00-1:00 pm
- WorkLife and Wellness Brown Bag
- Student Community Center, Multi-purpose room, Davis campus
- Instructor: Kia Meaux
- LEARN MORE

Black Family Day

- Saturday, May 16, 12:00-4:00 pm, UC Davis Quad
- Sponsored by the UC Davis Cross Cultural Center
- Event to celebrate the black family and culture.
WorkLife and Wellness May Happenings

- Food, family fun, music
- LEARN MORE

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**Name that Bug!**

- Sunday, May 17, 1:00-4:00 pm
- Bohart Museum, 1124 Academic Surge Building
- LEARN MORE

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**UCDHS Meditation**

- Monday, May 18, 12:00-1:00 pm
- Glassrock Building Room 7106
- Brenda Gustin, Ph.D., CMT, RYI
- LEARN MORE

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**UCDHS UC Walks**

- Wednesday, May 20, 11:30-1:00
- Cancer Survivors Park,(Stockton Blvd and 2nd Ave) UC Davis Medical Center
- Two 15-minute walks, 12:00 and 12:30
- LEARN MORE

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**UC Davis Campus UC Walks**

- Wednesday, May 20, 12:00-1:00 pm
- Mrak, Quad, Vet Med, Cousteau, and Extension
UC Living Well Incentive Webinar

- Thursday, May 21, 12:15-12:45 pm
- Learn about UC Living Well resources and how to earn $75.00!

Parenting in the Academy Meet and Greet

- Wednesday, May 27, 5:00-7:00 pm
- Davis Farmers Market
- Parenting is more fun when done in community with other parenting graduate students, post-doctoral scholars and faculty. Please join us this spring as we continue our discussion of parenting in the academy, build a network of parents and learn from one another.
- Please bring a pot-luck dish to share.

Alan Yip Concert

- Wednesday, May 27, 7:00-8:30 pm
Music Building, Room 115, UC Davis campus

Alan will perform famous pieces including "Flowing Water" (the piece of music carried by US spaceship Voyager to represent the music of our world) and other Chinese music on both the guqin and erhu.

Sponsored by the Confucius Institute

Please register

Never Too old to Find a New Job

Thursday, May 28, 12:00-1:00 pm, Meeting Room D, Student Community Center

Career Catalyst Brown Bag, Davis Campus

Learn strategies for sending prospective hiring managers the message that seasoned workers are "well qualified" not "old." Identify steps that can be taken to manage a successful job search from pre-application through the first 30 days of a new job. As a member of today’s multi-generational workforce, be prepared to leave with a personalized action plan.

Instructor: Lorraine Beaman

Learn more

Bugtopia 4.0 Discover Everyday Insects
Saturday, May 30, 1:00-3:00 pm  
UC Davis Arboretum Gazebo  
Learn about the hidden insect wonders of the Arboretum from UC Davis Entomology Club members and Arboretum Ambassadors. Tour the collections and learn insect names, trapping methods, and ecology.

LEARN MORE

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Help Build A Playground!

Sunday, May 31, 8:00-3:00  
Bryte Park, 425 Todhunter Ave, West Sacramento  
360 volunteers needed to help give more than 12,000 West Sacramento area kids the childhood they deserve by building a new playground.

Volunteers should be age 18+ and will assemble playground pieces, mix concrete, move mulch, etc.

Wear comfortable clothes you don’t mind getting dirty and closed toe shoes.

Youth activities provided.

Gloves, goggles, breakfast, and lunch provided.

PLEASE REGISTER

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Yoga in the Arboretum

Sunday, May 31, 1:00-2:30 pm  
UC Davis Arboretum, just east of Putah Creek Lodge  
Join us for 90 minutes of yoga appropriate for
all skill levels led by certified instructor Loshan Ostrava. Please bring a mat and water.

- LEARN MORE

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**Article of the Month:**

**Mindful Eating**

Stop and smell the pesto...

READ MORE

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"Happenings" is a monthly electronic update published by UC Davis WorkLife and Wellness. To remove your name from our mailing list, please click here. Questions or comments? E-mail us at worklife@ucdavis.edu Visit our webpage at: worklife-wellness.ucdavis.edu