



DAVIS SENIOR CENTER

April 2026 Activities and Special Events

Information	Monday	Tuesday	Wednesday	Thursday	Friday	
<p>Senior Center Office Open Mon. - Fri. 9:00 a.m. - 4:00 p.m. 646 A St. Davis, CA 95616 (530) 757-5696 seniorservices@cityofdavis.org</p> <p>Davis Community Transit 530-747-8240</p> <p>Activity Key: FP Flex Pass Class \$ Indicates class fee * Indicates need to register for free activity and/or by appointment.</p> <p>Room Key: A - Activity Room B - Board Room G - Game Room K - Kitchen L - Library Lg - Lounge Ly - Lobby MPR - Multi Purpose Room MPE - Multi Purpose East MPW - Multi Purpose West P - Parking Lot Pt - Patio T - Travelaires Office V - Valente Room Z - Zoom</p> <p>Offsite Buildings: CC - Community Chambers 23 Russell Blvd.</p>	ONGOING WEEKLY ACTIVITIES					
	<p>7-8 am Step,Tone, Stretch^{\$,FP} (MPE)</p> <p>9-11 am Table Tennis (MPW)</p> <p>9:30-11 am Coffee & Conversation (V)</p> <p>10-11 am Ukulele Beginner^{\$} (G)</p> <p>11-12pm Ukulele Adv Beg^{\$} (MPE)</p> <p>11:30 am - 3:30 pm Mah Jongg (V)</p> <p>12- 1 pm Uke Jam Group (MPE)</p> <p>12-3 pm Social Bridge (G)</p> <p>2-2:45 pm Resistance Bands^{\$} (MPE & Z)</p> <p>3-4 pm Line Dance Levels 1&2^{\$,FP} (MPE)</p> <p>4-6 pm Line Dance Levels 3&4^{\$,FP} (MPE)</p> <p>6-8 pm Line Dance, Adv.^{\$,FP} (MPE)</p>	<p>8-9 am Tai Chi, Cont.^{\$} (MPE)</p> <p>8-9:30 am Therapeutic Yoga^{\$,FP} (A & Z)</p> <p>9:15-10:15 am Tai Chi, Basic^{\$} (MPE)</p> <p>10:30-11:30 am Chair Yoga^{\$} (MPE)</p> <p>10:30-11:30 am SAIL Class^{\$} (A)</p> <p>11:30 am - 3:30 pm Duplicate Bridge (G)</p> <p>2:30-3:30 pm Parkinson's Boxing^{\$} (MPE)</p> <p>4-6 pm Line Dance, Adv.^{FP} (MPE)</p> <p>6:30-7:30 pm PM Aerobics^{\$,FP} (MPE)</p>	<p>7-8 am Step,Tone, Stretch^{\$,FP} (MPE)</p> <p>8:45-9:45 am Body Balance^{\$,FP} (MPW)</p> <p>9-11 am Table Tennis (A)</p> <p>9-10 am Line Dance Levels 1&2^{\$,FP} (MPE)</p> <p>10-12 am Line Dance Levels 3&4^{\$,FP} (MPE)</p> <p>10-11 am Men's Social Group (G)</p> <p>1-3 pm Hem & Haw (A)</p> <p>1-3:30 pm Genealogy Library Drop In (L)</p> <p>2-2:45 pm Resistance Bands^{\$} (MPE & Z)</p>	<p>8-9 am Tai Chi, Cont.^{\$} (MPE)</p> <p>8-9:30 am Therapeutic Yoga^{\$,FP} (A & Z)</p> <p>9:15-10:15 am Tai Chi, Basic^{\$} (MPE)</p> <p>10:30-11:30 am Chair Yoga^{\$} (MPE)</p> <p>10:30-11:30 am SAIL Class^{\$} (A)</p> <p>12:30-1:30 pm Pilates^{\$,FP} (MPE)</p> <p>2:30-3:30 pm Parkinson's Boxing^{\$} (MPE)</p> <p>4:30-5:30 pm Evening Meditation^{\$} (Z)</p> <p>6:30-7:30 pm PM Aerobics^{\$,FP} (MPE)</p>	<p>7-8 am Step,Tone, Stretch^{\$,FP} (MPE)</p> <p>9-11 am Table Tennis (MPE)</p> <p>9-11 am Watercolor (V)</p> <p>11 am - 12 pm Café Yolo Lunch* (MPW)</p> <p>12:30-2:30 pm Friday Films (G)</p> <p>12:30-1:30 pm Zumba^{\$,FP} (MPE & Z)</p> <p>1-3 pm Canasta (Lg)</p> <p>2-3 pm Forever Fit^{\$} (MPE)</p>	
	SPECIAL AND ONCE A MONTH EVENTS					
				1	2	3
					<p>1:30-3 pm Parkinson's Group (MPW)</p> <p>1:30-3:30 pm Ballroom Dance^{\$} (V)</p>	
	6	7		8	9	10
				<p>1:30-3 pm Project Linus (MPW)</p>	<p>11am-1pm Parkinson's Caregivers (MPW)</p> <p>2-3:30 pm Book Club (A)</p> <p>2-3pm Declutter Club (L)</p>	
	13	14	15	16	17	17
		<p>1-2:30 pm Senior Commission (CC)</p> <p>5-6 pm Mac Users Group (G)</p>	<p>9-10:30 am Arboretum Walk (Ly)</p> <p>3-5 pm Beginner Jazz Jam (Lg)</p>	<p>1:30-3 pm Parkinson's Group (MPW)</p>	<p>1:30-3 pm Chinese Culture Club (MPW)</p>	
	20	21	22	23	24	24
	<p>1-3 pm Genealogy Meeting (V)</p>	<p>3-5 pm Intermediate Jazz Jam (Lg)</p>	<p>12-1pm International Lunch^{\$} (MPW)</p> <p>11am-1pm Parkinson's Caregivers (G)</p>			
27	28	29	30	May 1 & 2		
			<p>4-7 pm Bob Ross Painting^{\$} (A)</p>	<p>9am-1pm Jewelry Sale (MPW)</p>		



The Scene

646 A Street, Davis, CA 95616

530-757-5696

Office hours: M-F, 9 a.m.– 4 p.m.

www.cityofdavis.org/seniorservices

Email: seniorservices@cityofdavis.org

Transportation: 530-747-8240

April 2026

Volume 53 No. 4

FEATURED THIS MONTH

Chinese Culture Celebration



This year's International Day theme will feature the sights, sounds and flavors of China. Enjoy popular Chinese dishes and dessert courtesy of the Californian Assisted Living and a special performance by Tina Duan. Duan has won numerous gold and silver medals as a member of the National Gymnastics Team in China. Tina is also our Center's instructor for Pilates and Body Balance. **Thursday, April 23, at 12 p.m.** Tickets are \$15. Please RSVP no later than April 21.

Jewelry Sale is Here!



Find great deals on "pre-owned" jewelry at the annual Jewelry & Accessories Sale. Refresh your wardrobe with new rings, necklaces, bracelets and much more. The sale is **Friday, May 1, and Saturday, May 2, from 9 a.m. to 1 p.m.** Stop by the Center's display case to view items you can buy on the spot. This Center fundraiser supports our programs and services. If you have questions or are interested in helping with this event, please contact Sandy Alvarez-White at 530-757-5696 or stop by the Center Monday through Friday between 9 a.m. and 4 p.m.

Meditation for Stress



This evening Zoom class taught by Annie Laurie introduces meditation to help with stress and pain management. The instructor will guide students in self-care techniques that can be incorporate into daily life to relax and reduce physical and emotional stress. All are welcome regardless of the experience with meditation. Annie has been teaching at the Center for more than 15 years. She became interested in meditation after reading the philosopher Alan Watts when she was 15. Since then she has studied with yogis, done Tibetan meditation, Bhakti devotional meditation and non-dual meditation. **Thursdays, April 2-30 at 4:30 p.m.** \$20

Next Month...Ukulenny! See page 2 for details.

ACTIVITIES

Drop-In

We host a variety of drop-in activities for all interests and abilities:

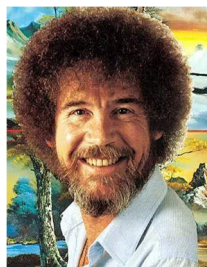
- **Book Club:** Second Thursdays, 2 p.m.
- **Canasta:** Fridays, 1 p.m.
- **Coffee & Conversation:** Mondays, 9:30 a.m.
- **Chinese Culture Club:** Third Fridays, 1:30 p.m.
- **Duplicate Bridge:** Tuesdays, 11:30 a.m.
- **Hem & Haw:** Wednesdays, 1 p.m.
- **Jazz Jam - Beginner:** Third Wednesdays, 3 p.m.
- **Jazz Jam - Experienced:** Fourth Wednesdays, 3 p.m.
- **Mah Jongg:** Mondays, 11:30 a.m.
- **Mac Users Group:** Second Tuesdays, 5 p.m.
- **Men's Social Group:** Wednesdays, 10 a.m.
- **Parkinson's Care Partners Group:** Second and fourth Thursdays, 11 a.m.
- **Parkinson's Support Group:** First and third Thursdays, 1:30 p.m.
- **Project Linus:** Second Wednesdays, 1:30 p.m.
- **Social Bridge:** Mondays, 12 p.m.
- **Table Tennis:** Mondays, Wednesdays, Fridays, 9 a.m.
- **Ukulele Jam Session:** Mondays, 11:30 a.m.
- **Walking Group:** Third Wednesdays, 9 a.m.
- **Watercolor Group:** Fridays, 9 a.m.

Lendl San Jose Performance



Come one, come all to a ukulele play along on **Monday, May 18, from 10:30 a.m. - 12:30 p.m.**, featuring Bay Area ukulele instructor and performer Ukulenny! This interactive event will include playing and singing beginner friendly songs. A \$10 materials fee is requested. Call us at 530-757-5696 or drop by the front desk to let us know you're coming. RSVPs are appreciated.

Bob Ross Style Painting



A final opportunity to learn how to paint in this method with instructor Anurahda (Anu) Goud. The next upcoming workshop date is **Thursday, April 30, from 4-7 p.m. The cost is \$50 per class.** All supplies are provided, and you will have a wonderful, happy, uplifting landscape painting at the end of each class.

Tax-Aide

The AARP Foundation provides free tax preparation assistance for simple tax returns through mid April by appointment at the Senior Center. Call 530-324-5007 to make appointment. All are welcome to utilize the service. Tax Aide volunteers receive thorough training through AARP.

Mac Users Group

The Mac Users discussion group can assist you with learning about the latest technology and gaining advice from others in the community. **Tuesday, April 14, at 5 p.m.**

Many Thanks to...

We Are Here Home Care LLC for providing food, decorations and prizes for our Saint Patrick's Day Fundraiser. A wonderful time was had by all.

ACTIVITIES

Friday Films @12:30 p.m.

Enjoy free popcorn and join us Fridays at 12:30 p.m. to watch new releases and old favorites on a large screen TV.

Night at the Museum



April 3 (1 hr, 48 min) PG-13 2006
A newly recruited night security guard at the Museum of Natural History discovers that an ancient curse causes the animals and exhibits on display come to life and wreak havoc.

Flipped



April 10 (1 hr, 30 min) PG 2010
When Juli meets Bryce in the second grade, she knows its true love. After spending six years trying to convince Bryce of the same, she's ready to give up until he starts to reconsider.

Sweet Dreams



April 17 (1 hr, 55 min) PG 1985
The story of Patsy Cline, the velvet-voiced county singer who died in a tragic plane crash at the height of her fame. The film was nominated for Academy Award for Best Actress (Jessica Lange).

Pitch Perfect

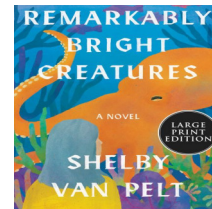


April 24 (1 hr, 52 min) PG-13 2012
Beca, a freshman at Barden University, is cajoled into joining The Bellas, her schools all-girls singing group, injecting some much needed energy into their repertoire, The Bellas take on their male rivals in a campus competition.

Downsize and De-Clutter

Learn some strategies to help you de-clutter.
Thursdays, April 9 and 23, at 2 p.m.

Book Club



In April we will be read "Remarkably Bright Creatures" by Shelby Van Pelt. This is a heartwarming novel about grief, loneliness and an unlikely friendship centered on a 70-year-old widow Tova Sullivan, who works at an aquarium and befriends, a clever, giant Pacific octopus name Marcellus, who helps her solve the mystery of her son's disappearance decades earlier. **Thursday, April 9, at 2 p.m.**

Senior Citizen Commission



The Commission typically meets the **second Tuesday of each month at 1 p.m.** Agenda packets will be posted online at <https://www.cityofdavis.org/city-hall/commissions-and-committees/senior-citizen-commission>.

Davis Travelaires 40th Anniversary



Save the Date – The Davis Travelaires are celebrating their 40th anniversary as an all-volunteer nonprofit organization. Since 1986, the organization has offered a wide range of trips—from local day trips to multi-day excursions in the U.S. and abroad—all designed to appeal to interests in arts, history, and culture. They will commemorate this important milestone with a fun-filled celebration that includes a travel trivia game, appetizers and sweet treats, and a chance to win door prizes. Watch for more details and registration information in our May newsletter. **Tuesday, June 16, 1:30-3:30 p.m.**

SPECIAL INTEREST

Davis Genealogy Club (DGC)



Join us **Tuesday, April 21, at 1 p.m.** for an "Introduction to Mexican Genealogy Research," hosted by the Davis Genealogy Club Center's Valente Room. This free,

remote presentation will be shown on the big screen with a live audience. Refreshments provided by club members will follow the presentation and a question and answer session. This lecture offers an introduction to important foundational concepts in Mexican family research (names, jurisdictions and governmental entities, language resources, etc.), as well as an overview of the abundant church and civil records available online.

Lisa Medina is a professional genealogist and experienced lecturer, applying her background in teaching to all her presentations. She is an alum of several genealogical institutes and education programs (ProGen, SLIG, Gen-Fed), and her research expertise is in Mexican Genealogy. When not researching, Lisa is the Director of Admissions and University Registrar at California State University, San Marcos.

Guests may attend in person or via Zoom by requesting a guest pass from President@DavisGenealogy.org. New memberships and renewals are encouraged now —online or in person! **Dues of only \$15 per year provide many benefits all year.** Folks at any level of research experience are welcome. Learn all about us by visiting DavisGenealogy.org or dropping in at a meeting. We look forward to seeing you!

The Club's **Genealogy Library** in the Davis Senior Center is open to the public on **Wednesdays from 1 - 3:30 p.m.** as well as the hour before our monthly meetings. Make a plan to visit our volunteers and get help with your family tree.

Coffee and Connection

Join a fun and friendly group while working on an art project, or stop by to have some coffee, tea and chat. Everyone is welcome. **Mondays, 9:30 a.m.**

Crafter Group

Create crochet or knitted items in the company of other crafters and artists. **Wednesdays at 1 p.m.** Want a way to support the Center? Purchase items created by this group in our hallway display. We sell kitchen towels, scrubbers, blankets, bears and so much more.

Live Jazz Music

We welcome anyone who wants to listen and musicians proficient in their instruments are welcome to join in and play along. Beginners to jazz jams are invited to join the slower paced group **every third Wednesday 3-5 p.m.**, and experienced players meet and play at a faster pace **every fourth Wednesday from 3-5 p.m.**

Project Linus

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 at the Center (646 A St, Davis, CA 95616) on **Wednesday, April 8, from 1:30 - 3 p.m.** to share ideas, patterns and lots of good conversation. All are welcome to attend the meeting and help sew Linus labels on handmade blankets that will be given to Yolo County organizations that serve children in need. Project Linus members may take home fabrics and yarn each month to complete a blanket. Finished blankets can be brought to the next monthly gathering. We are currently in need of yarn donations. For general information, blanket drop-off location questions or fabric and yarn donations, contact Deanne Meyer, volocountyprojectlinus@gmail.com.

Fitness/Wellness Classes

Hybrid classes in-person & Zoom.

- **Body Balance** (monthly or Flex Pass):
Wednesdays, 8:45-9:45 a.m., **April 1-29, \$32**
- **Forever Fit** (Hybrid): Fridays, 2-3 p.m.
April 3-24, \$16
- **Line Dancing** (Flex Pass):
 - Mondays: Levels 1&2, 3-4 p.m.;
Levels 3&4, 4-6 p.m.; Level 5: 6-8 p.m.
 - Tuesdays: Level 5: 4-6 p.m.,
 - Wednesdays: Levels 1&2, 9-10 a.m.,
Levels 3&4, 10 a.m.-12 p.m.
- **Evening Zoom Meditation** (Zoom only):
Thursdays, 4:30-5:30 p.m. **April 2-30, \$20**
- **Parkinson's Boxing**:
 - Tuesdays, 2:30-3:30 p.m., **April 7-28, \$25**
 - Thursdays, 2:30-3:30 p.m., **April 2-30, \$32**
- **Pilates** (monthly or Flex Pass): Thursdays, 12:30-1:30 p.m., **April 2-30, \$25**
- **PM Aerobics** (Flex Pass): Tuesdays & Thursdays, 6:30-7:30 p.m.
- **Resistance Bands** (Hybrid): Mondays & Wednesdays, 2-2:45 p.m., **April 1-29, \$27**
- **SAIL**: Tuesdays, Thursdays, 10:30-11:30 a.m., **April 2-30, \$20**
- **Sunrise Step, Tone and Stretch** (Flex Pass):
Mondays, Wednesdays & Fridays, 7-8 a.m.
- **Tai Chi**: Tuesdays & Thursdays,
Continuing: 8-9 a.m. **Basic**: 9:15-10:15 a.m.
April 2-30, \$57
- **Yoga-Chair**:
 - Tuesdays, 10:30-11:30 a.m., **April 7-28, \$25**
 - Thursdays, 10:30-11:30 a.m., **April 2-30, \$32**
- **Yoga-Therapeutic** (Flex Pass only):
 - Tuesdays, 8-9:30 a.m.
 - Thursdays, 8-9:30 a.m.
- **Zumba** (Hybrid, Flex Pass):
Fridays, 12:30-1:30 p.m. **April 3-24, \$25**

Ballroom Dance

Novices and seasoned dancers alike are invited to join volunteer Celia as she teaches some basic moves through video examples and step-by-step instruction followed by some dancing. Whether you come to learn the box step or just want to mingle and tango this get-together is for everyone.

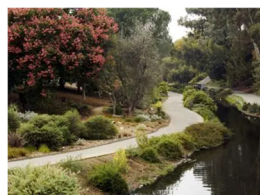
Thursday, April 2, from 1:30-3:30 p.m. Call or stop by the Center to register. **\$5**

Flex Pass

The Flex Pass is a pre-paid punch card that works with certain classes offered at the Senior Center. There are a variety of passes to suit your needs: Single punch pass for \$10, five-punch pass for \$45, 10-punch pass for \$85 and 20-punch pass for \$155. Check out the list of options below. For details, call us at 530-757-5696 or look online at www.cityofdavis.org (click the "Recreation Online" icon, then click the "Fitness Flex Pass" tab).

- **Body Balance**: Wednesdays, 8:45 - 9:45 a.m.
- **Line Dancing**: Mondays, Levels 1 & 2: 3-4:30 p.m., Levels 3 & 4: 4:30-6:30 p.m., Level 5: 6:30-8:30 p.m.
Tuesdays, Level 5: 4-6 p.m.
Wednesdays, Levels 1 & 2: 8:30 - 10 a.m., Levels 3 & 4: 10 a.m. - 12 p.m.
- **Pilates**: Thursdays, 12:30 - 1:30 p.m.
- **PM Aerobics**: Tuesdays & Thursdays, 6:30 p.m.
- **Sunrise Step, Tone and Stretch**: Mondays, Wednesdays, Fridays, 7 a.m.
- **Zumba**: Fridays, 12:30 - 1:30 p.m.

Arboretum Walk



Meet in the lobby and visit the UC Davis campus and part of the Arboretum. **Wednesday, April 15, at 9 a.m.** and return by 11:30 a.m.

Davis Travelaires

The Davis Travelaires have added a new day trip to visit the Jelly Belly Factory in Fairfield. In honor of the group's 40th anniversary, this trip costs just \$40. Take a self-guided tour, visit the nearby museum, shop in the large factory store, and enjoy a no-host lunch at the Jelly Belly Café or bring your own lunch to eat in the cafe. This fun day will end with an included scoop of ice cream at the snack bar. The following trips are open for registration:

Castello di Amorosa (Tuesday, April 7, 2026)
WAITLIST

Filoli House & Gardens (Tuesday, May 12, 2026)
WAITLIST

"The Phantom of the Opera" (Wednesday, June 3, 2026) **WAITLIST**

Jelly Belly Factory (Tuesday, July 28, 2026)

Charleston SC (April 15-23, 2026) **WAITLIST**

Untamed Iceland (August 6-17, 2026) **WAITLIST**

Catalina Island (September 14-17, 2026)

Escape to Waikiki Beach (December 2-9, 2026)

The Travelaires office inside the Senior Center is staffed by volunteers on Thursdays, 10 a.m. – 2 p.m. For information or to join our mailing list, visit <https://davistravelaires.org>, email DavisTravelaires@gmail.com, or call 530-902-1825. Email is monitored daily and phone messages are checked on Thursdays. If you do not have access to the internet, pick up flyers at the Senior Center or contact us with your name and address and we will send trip flyers to you.

Sincerely,

Davis Travelaires Board of Directors