




DAVIS SENIOR CENTER

June 2026 Activities and Special Events

Information	Monday	Tuesday	Wednesday	Thursday	Friday		
ONGOING WEEKLY ACTIVITIES							
<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 S 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>	<p>7-8 am Step,Tone, Stretch^{S,FP} (MPE)</p> <p>9-11 am Table Tennis (MPW)</p> <p>9:30-11 am Coffee & Conversation (V)</p> <p>11:30 am - 3:30 pm Mah Jongg (V)</p> <p>11:30 am - 1 pm Uke Jam Group (MPE)</p> <p>12-3 pm Social Bridge (G)</p> <p>2-2:45 pm Resistance Bands^S (MPE & Z)</p> <p>3-4 pm Line Dance Levels 1&2^{S,FP} (MPE)</p> <p>4-6 pm Line Dance Levels 3&4^{S,FP} (MPE)</p>	<p>8-9 am Tai Chi, Cont.^S (MPE)</p> <p>8-9:30 am Therapeutic Yoga^{S,FP} (A & Z)</p> <p>9:15-10:15 am Tai Chi, Basic^S (MPE)</p> <p>10:30-11:30 am Tai Chi, Beginner^S (MPE)</p> <p>10:30-11:30 am Chair Yoga^S (MPE)</p> <p>10:30-11:30 am SAIL Class^S (A)</p> <p>11:30 am - 3:30 pm Duplicate Bridge (G)</p> <p>12:30-1:30pm Body Balance^{S,FP} (MPW)</p> <p>2:30-3:30 pm Boxing^S (MPE)</p> <p>6:30-7:30 pm PM Aerobics^{S,FP} (MPE)</p>	<p>7-8 am Step,Tone, Stretch^{S,FP} (MPE)</p> <p>9-11 am Table Tennis (MPW)</p> <p>9-10 am Line Dance Levels 1&2^{S,FP} (MPE)</p> <p>10-12 am Line Dance Levels 3&4^{S,FP} (MPE)</p> <p>10-11 am Men's Social Group (A)</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^S (MPE & Z)</p>	<p>8-9 am Tai Chi, Cont.^S (MPE)</p> <p>8-9:30 am Therapeutic Yoga^{S,FP} (A & Z)</p> <p>9:15-10:15 am Tai Chi, Basic^S (MPE)</p> <p>10:30-11:30 am Tai Chi, Beginner^S (MPE)</p> <p>10:30-11:30 am Chair Yoga^S (MPE)</p> <p>10:30-11:30 am SAIL Class^S (A)</p> <p>12:30-1:30 pm Pilates^{S,FP} (MPE)</p> <p>2:30-3:30 pm Boxing^S (MPE)</p> <p>4:30-5:30 pm Evening Meditation^S (Z)</p> <p>6:30-7:30 pm PM Aerobics^{S,FP} (MPE)</p>	<p>7-8 am Step,Tone, Stretch^{S,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^{S,FP} (MPE & Z)</p> <p>1-3 pm Canasta (A)</p> <p>2-3 pm Forever Fit^S (MPE)</p>		
	SPECIAL AND ONCE A MONTH EVENTS						
		1	2	<p>6-7:30 pm Sleep Better^S (V)</p>	3	4	<p>1:30-3 pm Parkinson's Group (G)</p> <p>1:30-3:30 pm Ballroom Dance^S (V)</p>
		8	<p>1-2:30 pm Senior Commission (A)</p> <p>5-6 pm Mac Users Group (G)</p>	9	<p>1:30-3 pm Project Linus (MPW)</p>	10	<p>11am-1pm Parkinson's Caregivers (G)</p> <p>2-3:30 pm Book Club (A)</p> <p>2-3 pm Declutter Club (Lg)</p>
		15	<p>1-3 pm Genealogy Meeting (V)</p> <p>1:30-3:30 pm Travelaires Celebration (MP)</p>	16	<p>8-10 am Arboretum Walk (Ly)</p> <p>3-5 pm Beginner Jazz Jam (Lg)</p>	17	<p>1:30-3 pm Parkinson's Group (MPW)</p>
		22		23	<p>3-5 pm Experienced Jazz Jam (Lg)</p>	24	<p>11am-1pm Parkinson's Caregivers (G)</p> <p>12-1:30 pm Tea Party^S (V)</p> <p>2-3 pm Declutter Club (Lg)</p>
		29		30		31	<div style="text-align: center;">  Center closed in observance of Juneteenth holiday </div>



The Scene



Davis Senior Center
646 A Street, Davis, CA 95616
530-757-5696; M-F, 8 a.m.– 4 p.m.

www.cityofdavis.org/seniorservices
Email: seniorservices@cityofdavis.org
Transportation: 530-747-8240

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Volume 53 No. 6

The Center is closed Friday, June 19, in honor of Juneteenth.

Travelaires Celebrates 40 Years



This month the Davis Travelaires celebrates 40 years as an all-volunteer nonprofit organization. Since 1986 the organization, whose office is located at the Senior Center, 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. We will commemorate this milestone with a fun-filled celebration that includes a travel trivia game, appetizers, sweet treats and a chance to win door prizes. Register at Davistravelaires.org or call 530-902-1825. **Tuesday, June 16 at 1:30 p.m.**

Annual Tea Party Returns



Join us for this fun and festive event featuring an assortment of teas (and coffee) to enjoy with delicious small sandwiches with ingredients such as cream cheese, cucumber and egg along with sweets such as lemon bars, cookies, fruit and more. Each table will have its own unique theme, and we encourage you to get creative and wear high tea attire! Our sponsor this year is Atria Covell Gardens. Space is limited for this popular event, so don't wait to RSVP. Cost for this fundraiser is \$20 **Thursday, June 25 at 12 p.m.**

Mocktails and Menopause Series Continues



Learn how quality sleep improves perimenopause symptoms such as mood changes and brain fog. Apply simple strategies to recharge your body and refresh your mind. Presenter Michelle Ernster has over 17 years of experience and holds a Master of Science degree in Health Education. She has a passion for empowering individuals to lead healthier lives and is currently a health educator for the Greater Sacramento Women's Brain Health Program (GROW) at UC Davis Health, providing education on various health topics related to brain health. Register online today! **Wednesday, June 3, at 6 p.m. \$15**

ACTIVITIES

Disaster Preparedness



Resources for Independent Living helps aging adults prepare for disasters, power outages and weather related events. Receive a step-by-step fillable guide and learn about resources to help you be

prepared. You'll also take home a Go-Kit for evacuations. Join us for this free presentation on **Friday, July 17, at 11 a.m.**

Declutter Club!

Connect with others and learn some strategies to help you de-clutter. **Thursdays, June 11 and 25, at 2 p.m.**

Books Are Brain Food



In June we will read "The Ladies Midnight Swimming Club" by Faith Hoga, an uplifting Irish fiction novel about three women who find friendship, healing and courage to start over through

midnight swims in the freezing Atlantic. Facing bankruptcy, divorce and health crises, they form an inseparable bond using the sea to wash away fears and reinvent their lives. Attendees vote on next year's books. **Thursday, June 11, at 2 p.m.**

Ballroom Dance



Novices and seasoned dancers are invited to join volunteer Celia as she teaches basic moves followed by dancing. Call or stop by the Center to register. **Thursday, June 4, 1:30 - 3:30 p.m. \$5**

Hot Summer Nights BBQ

Enjoy a delicious dinner on the patio. Details coming in next month's Scene!

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Arboretum Walk



Meet in the lobby and walk towards downtown and into the UC Davis arboretum. This friendly group walks at a comfortable pace for about two hours. **Wednesday, June 17, from 8-10 a.m.**

Coffee and Connection

Meet warm and engaging people while working on an art project or a hobby. Feel free to just stop by for some coffee, tea and a brief chat. Everyone is welcome. **Mondays at 9 a.m.**

Services and Resources

Come check out The Center's many affordable services and resources!

- Advance Health Care Directives (\$2.50 donation)
- Battery and Eyeglass Recycling
- Copy Machine (\$0.10 each); Greeting Cards (\$0.25)
- DMV Sample Drivers Tests (\$2 donation)
- Dyna-Bands (\$5)
- Health Insurance Counseling & Advocacy Program* (HICAP) (916-376-8915)
- Legal Consultations*
- Medical Equipment Lending Closet (9:00 am-3:30 pm)
- Technology Tutoring* (cell phones, laptops, etc)
- Scholarships-Dianne Hinsz Mem./Special Events

*Appointments required. Call 530-757-5696.

Senior Commission

The Commission meets **Tuesday, June 9 at 1 p.m.** in the Center's Activity room. The public is always welcome. The Commission serves as a conduit for citizen input, advising Council on matters that impact seniors.

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.

Pretty Woman



**June 5 (1hr, 59 min)
R, 1990**

A corporate raider hires a hooker to act as a business escort in Beverly Hills, California.

Oklahoma



**June 12 (2 hr, 25 min)
G, 1955**

In Oklahoma, several farmers, cowboys and a traveling salesman compete for the romantic favors of various local ladies.

Birdcage



**June 19 (1 hr, 57 min)
PG, 1996**

A gay cabaret owner and his drag queen companion put up a straight front so their son can introduce them to his fiancée's conservative parents.

Jumanji



**June 26 (1hr, 44 min) PG
1995**

A magic board game summons wild jungle perils and unleashes a boy trapped inside for decades.

Drop-In Activities

We host a variety of drop-in activities for all interests and abilities that require no reservation:

- **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, 8 a.m.
- **Watercolor Group:** Fridays, 9 a.m.



SPECIAL INTEREST

Davis Genealogy Club (DGC)

Join us **Tuesday, June 16, at 1 p.m.** for “The Why, Where, When, What and How of Lineage & Hereditary Societies,” a virtual hybrid presentation by genealogist Christine Cohen live on the big screen in the Valente Room.

Have you ever thought of joining a Lineage or Hereditary Society? What is their purpose? Who are they? How do you join and why? Do you need professional assistance or an invitation to join? What benefits are offered? Are DNA test results necessary? Get all the answers here!

Christine’s interest in genealogy began in 1977 with the airing of the TV mini-series “Roots.” Her enthusiasm was piqued when she was given a typed pedigree chart, commissioned by her maternal grandfather, of their Dutch heritage from the New Netherlands in the 1650’s. Now retired, Christine is a long-time member and current Program Director of the Whittier Area Genealogical Society (WAGS). She is a member of the Tualatin Chapter of the DAR, the Society of Daughters of Holland Dames and the Association of Professional Genealogists.

Questions and answers follow, and refreshments are provided by club members. Zoom guest passes can be requested via email to:

President@DavisGenealogy.org.

Special Parking Request

Another large event is scheduled at the same time in the Senior Center. If you can, please park in the County lot on the south side of the Center. (Entrance is at 600 A Street at the Helen McLeod Thomson building) Or find parking along the curbs hugging the Senior Center (3 hr. parking).

The Club’s Genealogy Library is open Wednesday from 1 - 3:30 p.m. plus an hour before our monthly meeting. For more about Club programs, the Library or to join DGC, please visit DavisGenealogy.org.

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, June 10, 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 at yolocountyprojectlinus@gmail.com](mailto:yolocountyprojectlinus@gmail.com).

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, stuffies 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.**

AARP Driver Safety Classes

Although we are not currently offering classes in Davis, our neighbors in Woodland have openings for classes starting next month. Call for details at 530-661-2001.

WELLNESS

Fitness/Wellness Classes

Hybrid classes are in-person & on Zoom.

- **Body Balance** (monthly or Flex Pass):
Tuesdays, 12:30-1:30 p.m., **June 2-30, \$32**
- **Boxing:**
 - **Tuesdays, 2:30-3:30 p.m., June 2-30, \$32**
 - **Thursdays, 2:30-3:30 p.m., June 4-25, \$25**
- **Forever Fit** (Hybrid): Fridays, 2-3 p.m., **June 5-26, \$12**
- **Line Dancing** (Flex Pass):
 - Mondays: Levels 1&2, 3-4:30 p.m.;
Levels 3&4, 4:30-6:30p.m.
 - Wednesdays: Levels 1&2, 9-10 a.m.,
Levels 3&4, 10 a.m.-12 p.m.
- **Zoom Meditation** (Zoom only): Thursdays,
4:30-5:30 p.m. **June 6-25, \$16**
- **Pilates** (monthly or Flex Pass):
Thursdays, 12:30-1:30 p.m., **June 4-25, \$25**
- **PM Aerobics** (Flex Pass): Tuesdays &
Thursdays, 6:30-7:30 p.m.
- **Resistance Bands** (Hybrid): Mondays &
Wednesdays, 2-2:45 p.m., **June 4-25, \$25**
- **SAIL (Stay Active & Independent for Life):**
Tuesdays, Thursdays, 10:30-11:30 a.m., **June 4-25, \$50**
- **Sunrise Step, Tone and Stretch** (Flex Pass):
Mondays, Wednesdays & Fridays, 7-8 a.m.
- **Tai Chi:** Tuesdays & Thursdays
 - **Cont.:** 8-9 a.m., **Basic:** 9:15-10:15 a.m.,
June 2-30, \$57;
 - ***True Beg.** 10:30-11:30 a.m., **\$50**
- **Yoga-Chair:**
 - Tuesdays, 10:30-11:30 a.m., **June 2-30, \$32**
 - Thursdays, 10:30-11:30 a.m., **June 4-25, \$25**
- **Yoga-Therapeutic** (Flex Pass):
 - Tuesdays, Thursdays 8-9:30 a.m.
- **Zumba** (Hybrid, Flex Pass): Fridays, 12:30-1:30 p.m. **June 5-26, \$25**

***New Tai Chi Class Offering**

Benefits of Boxing



Boxing offers numerous physical, mental and social benefits making it an excellent choice for maintaining health and fitness throughout life. Some of these benefits include better balance and coordination, cardiovascular health, enhanced strength and muscle tone and increased flexibility and mobility. Join instructor Steve Bonnel **Tuesdays and Thursdays at 2:30 p.m.** for a great workout. Class is intended for all abilities with a special emphasis on those with neurological disorders.

Flexpass



The Flex Pass is a pre-paid punch card that works with certain classes. A five-punch pass costs \$45, 10-punch is \$85 and 20-punch pass is \$155. Call us at 530-757-5696 or go online at www.cityofdavis.org (click the "Recreation Online" icon, then click the "Fitness Flex Pass" tab).

The following classes accept the Flex Pass Card:

- **Body Balance:** Tuesdays, 12:30-1:30 p.m.
- **Line Dancing:** Mondays, Levels 1 & 2: 3 - 4:30 p.m., Levels 3 & 4:30-6:30 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, 6:30-7:30 p.m.
- **Sunrise Step, Tone and Stretch:** Mondays, Wednesdays, Fridays, 7-8 a.m.
- **Yoga-Therapeutic:** Tuesdays, Thursdays 8:00-9:30 a.m.
- **Zumba:** Fridays, 12:30-1:30 p.m.

Davis Travelaires

The Davis Travelaires have added a new day trip to see the Fleet Week Air Show in San Francisco, featuring the Blue Angels. Our two-hour cruise on the San Francisco Belle will include a lunch buffet with freshly prepared entrees, salads, and desserts, as well as free-flowing Champagne, cocktails for purchase, and live DJ entertainment and the best view of the air show.

The following trips are open for registration:

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

Jelly Belly Factory (Tuesday, July 28, 2026)

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

Bear Valley Visitor Center (Wednesday, September 2, 2026)

Catalina Island (September 14-17, 2026)

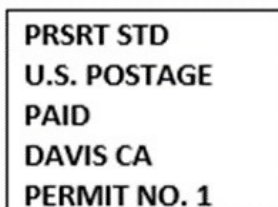
Escape to Waikiki Beach (December 2-9, 2026)

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

646 A Street, Davis, CA 95616
530-757-5696



The Scene