

# DIXON SENIOR CALENDAR

# JULY 2024



SENIOR/MULTI-USE CENTER  
201 S. FIFTH STREET DIXON, CA 95620  
OFFICE PHONE: (707) 678-7022  
HOURS: MONDAY - FRIDAY, 9:00 A.M. - 2:30 P.M.



**THE SENIOR/MULTI-USE CENTER WILL BE CLOSED THURSDAY, JULY 4,  
IN OBSERVANCE OF THE INDEPENDENCE DAY HOLIDAY.**

## CHAIR YOGA CLASS

Mondays & Thursdays

10:30 - 11:30 a.m.

(No Class July 4)

First Class is FREE

10 Class Pass - \$95

5 Class Pass - \$50

Passes do not expire  
and can be purchased  
at class.

The instructor is Yae  
Kuroda. Participants  
may sit in a chair or  
stand.



## LOW IMPACT FITNESS CLASS

Tuesdays

10:30 - 11:30 a.m.

First Class is FREE

10 Class Pass - \$95

5 Class Pass - \$50

Low impact sitting and  
standing workouts.  
Improve strength,  
balance and more.



## SUMMERTIME ICE CREAM SOCIALS

hosted by the  
Dixon Senior Club on  
the following dates at  
11:30am this summer:

**Friday, July 12**

**Friday, August 9**

Please join us for this  
free event!

Sign up at the  
Center by the Friday  
prior to the event date.

## BUNCO

Tuesday, July 16  
at 10 am

**\$2 per person**

Please call the office or  
stop by the Senior  
Center to sign up.



## BUSY BEE'S SEWING & CRAFTS CIRCLE



MONDAYS  
at 10:00 a.m.

## Sew, Craft and Chat! LINE DANCE EXERCISE CLASS

Join this fun class  
anytime! Instructors  
are Joan Giannoni and  
Sandy Newell. Learn  
steps and dance  
to a variety of  
music all while getting  
exercise. Tuesdays &  
Thursdays at 9 am.

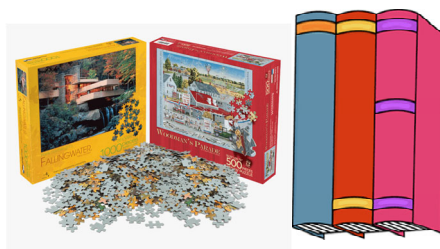
## BINGO!



Bingo is now being offered  
on Mondays from 12:00  
p.m.-2:00 p.m. The cost is  
a nickel per card, per  
game and all adults are  
welcome.

## PUZZLE & BOOK LIBRARY

Did you know we loan out  
puzzles and books for you  
to take home and enjoy?  
We're always getting new  
donations of used books  
and puzzles to share. Stop  
by the Center and see  
what's available



## MEALS ON WHEELS OF SOLANO COUNTY



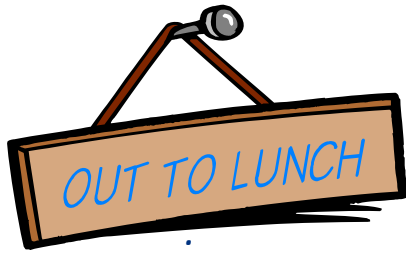
Meals on Wheels offers  
home delivered meals to  
Seniors age 60 & older.  
Deliveries are made  
Wednesday & Friday  
10:00 a.m. - 1:00 p.m.

**For more information call  
707-425-0638.**



## CONGREGATE DINNING COMING BACK TO THE SENIOR CENTER SOON!

We are excited to work  
with **Innovative Health  
Solutions** to provide  
healthy & nutritious  
lunches at the Senior  
Center starting in  
AUGUST



## THE OUT TO LUNCH BUNCH

will be

**CANCELLED**

for July but come join us at the

**DIXON SENIOR CENTER**

on

Friday, July 12

at 11:30 a.m.

For an **ICE CREAM SOCIAL**

Please call the office or stop by the Senior Center to sign up.

## DIXON SENIOR CLUB MEMBERSHIP

We're back! If you would like to sign up to be a new member of the Dixon Senior Club or renew your membership, dues (\$10 per person) for 2024 are being collected. For more information about Dixon Senior Club membership call the Senior Center (707) 678-7022



## SUMMER WATER AEROBICS

Join this class, a refreshing way to improve flexibility and circulation.

Wednesday (4:00 p.m.)

Saturday (9:00 a.m.)

Drop-in Fee:

\$5.50 per class

\$4.50 per class for seniors



## DIXON SENIOR CLUB MEMBERSHIP continued

If you're a returning member, please update your phone number, address, and **EMAIL** with us so we can update our membership directory. New members will be asked to complete a short form during the sign up



## ADULT LAP SWIM

Monday-Thursday

**5:30a.m. - 7:45 a.m.**

Monday-Thursday

**11:00a.m. - 12:45 p.m.**

Monday-Thursday

**4:00p.m. - 6:30p.m.**

Friday-Sunday

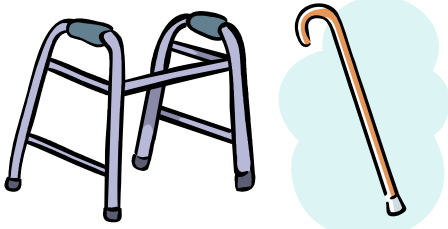
**8:00a.m. - 10:00a.m.**

## *No Lap Swim July 4*

Lap Swim is held at the Pat Granucci Aquatic Center  
Punch Card (Good for 20 Visits) - \$80.25 adults; \$64.75 senior (55+)  
Single Visit Fee - \$5.50; \$4.50 per senior (55+)  
Register at the pool during workouts.



## MEDICAL EQUIPMENT



Some medical equipment is available at the Center for free rental. We have canes, walkers, shower seats, and other equipment that may be used by Dixon seniors. Call 678-7022 for more information or equipment availability.



## SOCIAL SECURITY

Most inquiries and many problems can be handled over the phone by calling 1-800-SSA-1213, toll free, 7:00 a.m. - 7:00 p.m.



CALL 678-5020  
TO RESERVE YOUR RIDE

## DIXON READI-RIDE 678-5020

Provides rides within Dixon city limits. Discounted tickets, available for seniors riding to and from the Center, are available at the Senior/Multi-Use Center. Dixon Read-Ride operates Monday-Friday, 7 a.m. - 5 p.m. (excluding major holidays). The fare for a Senior (62 & older)/disabled passenger is \$2.25 or a day pass for \$4.50.

*Bienvenido*

## GRUPO HISPANICO (HISPANIC GROUP)

Wednesdays at 10 am.  
Talk about current events, play loteria, and just enjoy the company of friends.

## JULY BIRTHDAYS

Miguel Lerma (2)  
Karen Gallo (7)  
Martin DeVenuta (11)  
William Swifka (13)  
Lois Pierce (14)  
Nancy Crawford (16)  
Edward Coffelt (17)  
Dorothy Felson (20)  
Clifton Duria (25)  
Irma Alicia Escobar (26)  
Shirley Wygal (27)  
Victoria Aquin (28)  
Ann Smith (30)  
Farrad Ziai (31)

Numbers in ( ) signify birthday day.

★ HAPPY ★  
BIRTHDAY!

**Fourth of July Celebration at Hall Park: Music, Swimming, Pickleball, Food Trucks, and Fun. Fireworks begin after sunset in Hall Park**



Dixon Senior Club's



## SUMMER ICE CREAM SOCIAL

**HERE'S THE SCOOP!**

**JOIN US FOR THIS FREE EVENT!**

Friday, July 12, 2024

Friday, August 9, 2024

11:30 a.m.

at the Senior/Multi-Use Center


Deadline to sign up is the

Friday prior to the event date.

Sign up at the Senior/Multi-Use Center or  
call 678-7022 to have your name put on the list.



# Senior Activities - July 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> <i>Lap Swim</i> <i>Busy Bee's</i> <i>Crafts</i> <i>Chair Yoga</i> <i>Bingo</i>	<b>2</b> Lap Swim  Line Dancing  Senior Fitness	<b>3</b> Lap Swim  <i>Water</i> <i>Aerobics</i> Grupo Hispanico	<b>4</b> <b>HOLIDAY</b> <b>Center</b> <b>Closed.</b> 	<b>5</b> Lap Swim	<b>6</b> Lap Swim  <i>Water</i> <i>Aerobics</i>
<b>7</b> <i>Lap Swim</i>	<b>8</b> <i>Lap Swim</i> <i>Busy Bee's</i> <i>Crafts</i> <i>Chair Yoga</i> <i>Bingo</i>	<b>9</b> Lap Swim Line Dancing Senior Fitness  Senior Club Meeting	<b>10</b> Lap Swim  <i>Water</i> <i>Aerobics</i> Grupo Hispanico	<b>11</b> Lap Swim Line Dancing Chair Yoga  <b>Mexican</b> <b>Train</b>	<b>12</b> Lap Swim  <b>Ice Cream</b> <b>Social</b>	<b>13</b> Lap Swim  <i>Water</i> <i>Aerobics</i>
<b>14</b> <i>Lap Swim</i>	<b>15</b> <i>Lap Swim</i> <i>Busy Bee's</i> <i>Crafts</i> <i>Chair Yoga</i> <i>Bingo</i>	<b>16</b> Lap Swim  Line Dancing  Senior Fitness Bunco	<b>17</b> Lap Swim  <i>Water</i> <i>Aerobics</i> Grupo Hispanico	<b>18</b> Lap Swim  Line Dancing  Chair Yoga	<b>19</b> Lap Swim	<b>20</b> Lap Swim  <i>Water</i> <i>Aerobics</i>
<b>21</b> <i>Lap Swim</i>	<b>22</b> <i>Lap Swim</i> <i>Busy Bee's</i> <i>Crafts</i> <i>Chair Yoga</i> <i>Bingo</i>	<b>23</b> Lap Swim  Line Dancing  Senior Fitness	<b>24</b> Lap Swim  <i>Water</i> <i>Aerobics</i> Grupo Hispanico	<b>25</b> Lap Swim  Line Dancing  Chair Yoga	<b>26</b> Lap Swim	<b>27</b> Lap Swim  <i>Water</i> <i>Aerobics</i>
<b>28</b> <i>Lap Swim</i>	<b>29</b> <i>Lap Swim</i> <i>Busy Bee's</i> <i>Crafts</i> <i>Chair Yoga</i> <i>Bingo</i>	<b>30</b> Lap Swim  Line Dancing  Senior Fitness	<b>31</b> Lap Swim  <i>Water</i> <i>Aerobics</i> Grupo Hispanico	