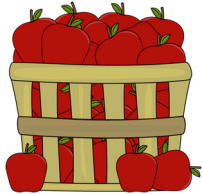


# DIXON SENIOR CALENDAR

# SEPTEMBER 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.



**CHAIR YOGA CLASS**  
Mondays & Thursdays,  
Sept. 7 - 28 (No class 9/2)  
10:30 - 11:30 a.m.  
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.



*The Senior/Multi-  
Use Center will be closed  
Monday, September 2,  
for the Labor Day holiday.*



**LINE DANCE  
EXERCISE CLASS**  
Tuesdays & Thursdays,  
September 3- 26  
at 9:00 a.m.  
Join this fun class  
anytime! Learn steps  
and dance to a variety  
of music all while  
getting exercise.

♥ I Love ♥  
**Line Dancing**

**SENIOR RESOURCE FAIR**  
Saturday, October 19  
10:00 a.m. - 1:00 p.m.  
*See page 5 for more info.*

**CONGREGATE  
DINNING IS BACK  
AT THE SENIOR  
CENTER!**

We are excited to work  
with **Innovative Health  
Solutions** to provide  
healthy & nutritious  
lunches at the Senior  
Center at **11:30am every  
Tuesday & Thursday**

Sign-up by calling **(707)  
684-4376** so proper por-  
tions are cooked. There is  
a suggested donation of  
\$4 per meal

## BUNCO

Tuesday, Sept. 17  
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!**



## 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.



Mondays

12:00- 2:00 p.m.

If you or someone you  
know are interested in  
calling bingo, please in-  
quire at the Senior Center.



## ADULT LAP SWIM

Monday & Wednesday

**5:30a.m. - 7:00 a.m.**

Saturday-Sunday

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

## MEALS ON WHEELS OF SOLANO COUNTY



**MEALS on WHEELS**  
SOLANO COUNTY

Meals on Wheels offers  
home delivered meals to  
Seniors age 60 & older.

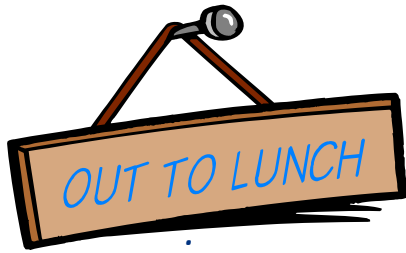
Deliveries are made  
Wednesday & Friday  
10:00 a.m. - 1:00 p.m.

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



## 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



### THE OUT TO LUNCH BUNCH

The Out to Lunch Bunch  
will be going to

**Denny's**

for lunch on

Friday, September 13

at 11:30 a.m.

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 2023 are  
being collected. For  
more information about  
Dixon Senior Club  
membership call  
the Senior Center  
(707) 678-7022

### DIXON SENIOR CLUB MEMBERSHIP continued

If you're a returning  
member, please update  
your phone number, ad-  
dress, and **EMAIL** with us  
so we can update our  
membership directory.  
Membership information  
will **ONLY** be used by the  
Dixon Senior Club and not  
given to any third party.

*Dues can be paid at the  
Senior/Multi-Use Center  
during regular business  
hours, M-F from 9am to  
2:30pm or can be mailed  
to the following address:*

*Dixon Senior Club  
c/o Dixon Senior/  
Multi-Use Center  
201 S. 5th Street  
Dixon, CA 95620*

The Dixon Senior Club  
Board is also recruiting  
new board members. If  
you're interested in  
becoming a Dixon Senior  
Club Board Member,  
please call the Senior  
Center  
(707) 678-7022  
for more info.

# *¡Bienvenido!*

### **GRUPO HISPANICO** **(HISPANIC GROUP)**

Wednesdays at 10 am.

Talk about current events,  
play Loteria, and just  
enjoy the company of  
friends.

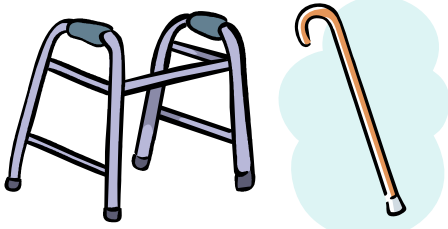


### **TOO MANY PUZZLES**

We have lots of puzzles in  
the Library/TV Room.  
Please feel free to borrow  
puzzles and keep them or  
donate them. We are  
running out of room to  
store new puzzles.



## 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.

## GOLDEN PASS PROGRAM

Dixon Seniors Age 80 & up can receive a Golden Pass for a free ride for local trips only. All rides must be within City limits and can happen anytime. Read-Ride is available and open. For more information contact Dixon Read-Ride at 678-5020 or Transit Supervisor, Vicki Jacobs, at 678-7442.

## SEPTEMBER BIRTHDAYS

Orville Klein (2)  
Jack Berry (3)  
Gilbert Vega (3)  
Pattie Woody (6)  
Mary Heeney (7)  
Joan Giannoni (7)  
Jose Chacon (8)  
Mickey Meville (9)  
Ricardo Pereira (14)  
Katherine Mendoza (19)  
Darlene Bastien (21)  
Martha Duria (22)  
Gerald Gordon (25)  
Numbers in ( ) signify birthday day.



## 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.





Advocates for Dixon Seniors  
present the

22nd Annual  
**SENIOR**  
**RESOURCE FAIR**

Saturday, October 19, 2024  
10:00 a.m. - 1:00 p.m.

Dixon/Senior Multi-Use Center  
201 S. Fifth Street  
Dixon, CA 95620



# Senior Activities - September 2024



Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1 Lap Swim	2 <b>HOLIDAY</b>  <b>Center is closed.</b>	3 Line Dancing  Senior Fitness  <b>Lunch 11:30a</b>	4 Lap Swim  <i>Grupo Hispanico</i>	5 Line Dancing  Senior Fitness  <b>Lunch 11:30a</b>	6	7 Lap Swim	
8 Lap Swim	9 <i>Lap Swim</i> <i>Busy Bee's Crafts</i> <i>Chair Yoga</i> <i>Bingo</i>	10 Line Dancing Senior Fitness Senior Club Meeting  <b>Lunch 11:30a</b>	11 Lap Swim  <i>Grupo Hispanico</i>	12 Line Dancing  Senior Fitness  <b>Lunch 11:30a</b>	13 <b>Out to Lunch Bunch</b> <b>Denny's</b>	14 Lap Swim	
15 Lap Swim	16 <i>Lap Swim</i> <i>Busy Bee's Crafts</i> <i>Chair Yoga</i> <i>Bingo</i>	17 Line Dancing  Senior Fitness  Bunco <b>Lunch 11:30a</b>	18 Lap Swim  <i>Grupo Hispanico</i>	19 Line Dancing  Senior Fitness  <b>Lunch 11:30a</b>	20	21 Lap Swim	
22 Lap Swim	23 <i>Lap Swim</i> <i>Busy Bee's Crafts</i> <i>Chair Yoga</i> <i>Bingo</i>	24 Line Dancing  Senior Fitness  <b>Lunch 11:30a</b>	25 Lap Swim  <i>Grupo Hispanico</i>	26 Line Dancing  Senior Fitness  <b>Lunch 11:30a</b>	27	28 Lap Swim	
29 Lap Swim	30 <i>Lap Swim</i> <i>Busy Bee's Crafts</i> <i>Chair Yoga</i> <i>Bingo</i>						