

DIXON SENIOR CALENDAR

APRIL 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

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.



ADULT 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.

THANK YOU TO THE DIXON ROTARY CLUB

MANY MANY THANKS
to the Dixon Rotary Club
for hosting another
wonderful St. Patrick's
Lunch and Celebration!



BUSY BEE'S SEWING & CRAFTS CIRCLE

MONDAYS

at 10:00 a.m.

Sew, Craft and Chat!



SENIOR EASTER EGG HUNT

See page 4 for more info.



LINE DANCING CLASS

Tuesdays & Thursdays
at 9am

Join this fun class
anytime! Learn steps
and dance to a variety
of music all while
getting exercise.



ADULT LAP SWIM

Mondays, Tuesdays,

Thursdays & Fridays

5:30 - 7:00 a.m.

Saturdays & Sundays

8:00 - 10:00 a.m.

Punch Card (Good for 20
Visits) - \$78.75 adults;

\$63 senior (55+)

Single Visit Fee - \$5.25;

\$4.25 per senior (55+)

Register at the pool
before workouts.



BUNCO

Tuesday, April 16

10:00 a.m.

\$2 per person

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

Bienvenido

GRUPO HISPANICO (HISPANIC GROUP)

Wednesdays at 10 am.

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

NEED A RIDE TO THE SENIOR CENTER?

The Dixon Senior Club offers reduced price Redit-Ride passes to and from the Senior Center.
\$10 for 20 rides

Passes available at the Senior Center

BINGO

Mondays

at 12 noon.

The cost is a nickel per card, per game and all adults are welcome.



Mexican Train Dominoes

Come join us for this new activity on **April 11** and every **2nd Thursday** of each month. Game starts at 12 noon, bring your lunch and sign-up at the Senior Center



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

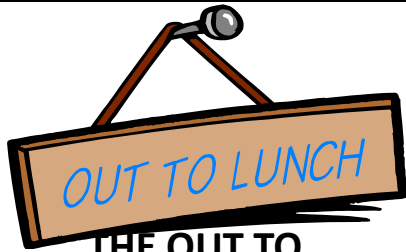


Meals on Wheels offers home delivered meals to Seniors age 60 & older.

The suggested contribution is \$4 per meal, however, no senior will ever be denied a meal based on their inability to contribute. Deliveries are made Mondays, Wednesdays & Fridays, 10:00 a.m. - 1:00 p.m.
For more information and to order call 707-425-0638.

The congregate dining program has been temporarily suspended. Home delivered meals are available to all congregate dining clients upon request.





THE OUT TO LUNCH BUNCH

The Out to Lunch Bunch
will be
CANCELLED
for April but come join us
at the
DIXON SENIOR CENTER
on

Friday, April 12
at 11:30 a.m.

For a **PIZZA PARTY** and
presentation by **Recology**
Please call the office or
stop by the Senior Center
to sign up.

DIXON SENIOR CLUB MEMBERSHIP

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 will
be collected through
April. For more
information about Dixon
Senior Club membership
call Membership
Chairperson, Barbara Long
at (209) 304-2564.

DIXON SENIOR CLUB MEMBERSHIP continued

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

*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:*

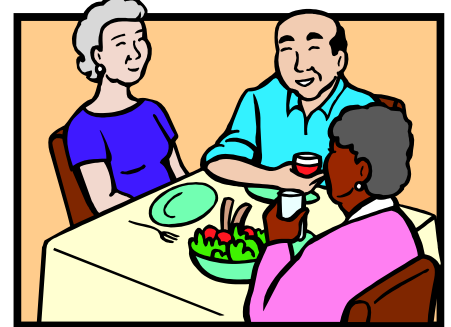
*Dixon Senior Club
c/o Dixon Senior/
Multi-Use Center
201 S. 5th Street
Dixon, CA 95620*

The Dixon Senior Club
Board is also recruiting
new board members. If
you're interested in
becoming a Dixon Senior
Club Board Member,
please contact
Membership Chairperson,
Barbara Long at (209)
304-2564 for more info.



CALLING ALL SENIORS!

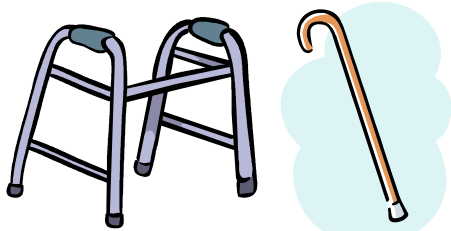
We are looking for people
who may be interested in
starting a class or group at
the Senior Center. Anyone
interested in teaching a
cooking class, starting a
group that plays card
games, or have ideas
about other activities,
please stop by the
Senior Center



SENIOR CENTER NEWSLETTER

If you would like the
Senior Calendar emailed
to you please sign up in
the office.

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 READ-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.

APRIL BIRTHDAYS

Sally Klein (1)
Helen Doane (4)
Jennifer Nease (8)
Jamie Meville (9)
Connie Benton (16)
Barbara Long (22)
Amelia Padilla (23)
Cheryl Hughes (25)
Phyllis Nixon (27)
Ray McCluskey (27)
Julio Reis (29)

Numbers in () signify birthday day.



SENIOR EASTER EGG HUNT

Hop on over to the Center weekdays, April 1-5, to participate in your favorite activity. If you happen to see an Easter egg, crack it open and see what's inside. Some eggs have candy, some have special prizes. You never know what you will find.



LAP SWIM

AGES 14+

SPRING SCHEDULE

3/11/24 - 6/9/24*

*NO LAP SWIM: 5/4,6/1

MONDAY	5:30-7:00 AM
TUESDAY	5:30-7:00 AM
THURSDAY	5:30-7:00 AM
FRIDAY	5:30-7:00 AM
SATURDAY	8:00-10:00 AM
SUNDAY	8:00-10:00 AM

PRICING

UNTIL 6/30/24

DAILY VISIT	\$5.25
SENIOR (55+) DAILY VISIT	\$4.25
20 VISIT PUNCH CARD	\$78.75
SENIOR (55+) PUNCH CARD	\$63.00

(707) 678-7000
dixonrecreation@cityofdixon.us
Pat Granucci Aquatic Center
450 E. Mayes St. Dixon CA 95620



WORK IS MORE FUN..

SUMMER '23



...WITH FRIENDS!

SUMMER '23

LIFEGUARD CERTIFICATION CLASSES

ENROLL
HERE



- #1 - March 16, 17, 23, 24
- #2 - April 1-4, (spring break)
- #3 - April 21, 27, 28 & May 5

Upon successful completion of the course, participants will receive a Lifeguarding, CPR, AED, and Title 22 First Aid certification (valid for two years), and will be eligible to apply for the City of Dixon Lifeguard position.


GET CERTIFIED & JOIN OUR TEAM!

CONTACT

Kyla Schnitter
Recreation Supervisor

707-343-8162
kschnitter@cityofdixon.us

Senior Activities - April 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Busy Bee's Crafts Chair Yoga Bingo Lap Swim	2 Line Dancing Adult Fitness Lap Swim	3 Grupo Hispanico	4 Line Dancing Chair Yoga Lap Swim	5 Lap Swim	6 Lap Swim
7 Lap Swim	8 Busy Bee's Crafts Chair Yoga Bingo Lap Swim	9 Line Dancing Lap Swim Senior Club Meeting Adult Fitness	10 Grupo Hispanico	11 Line Dancing Mexican Train Dominoes Chair Yoga Lap Swim	12 Dixon Senior Club Pizza Party Lap Swim	13 Lap Swim
14 Lap Swim	15 Busy Bee's Crafts Chair Yoga Bingo Lap Swim	16 Line Dancing Lap Swim Senior Club Meeting Adult Fitness	17 Grupo Hispanico	18 Line Dancing Chair Yoga Lap Swim	19 Lap Swim	20 Lap Swim
21 Lap Swim	22 Busy Bee's Crafts Chair Yoga Bingo Lap Swim	23 Line Dancing Lap Swim Bunco Adult Fitness	24 Grupo Hispanico	25 Line Dancing Chair Yoga Lap Swim	26 Lap Swim	27 Lap Swim
28 Lap Swim	29 Busy Bee's Crafts Chair Yoga Bingo Lap Swim	30 Line Dancing Adult Fitness Lap Swim	