

# DIXON SENIOR CALENDAR

# MARCH 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**

## CHAIR YOGA CLASS

10:30 - 11:30am

Mondays & Thursdays

No Class March 21

First Class is FREE

10 Class Pass - \$75

5 Class Pass - \$40

Participants may sit in a  
chair or stand.

## BUSY BEE'S SEWING & CRAFTS CIRCLE



MONDAYS

10:00 - 11:00 a.m.

**Craft and Chat!**

## ST. PATRICK'S LUNCH & CELEBRATION SPONSORED BY THE DIXON ROTARY CLUB



Monday, March 18

at 11:30 a.m.

At the Senior Center

Lunch is \$3 per person.

You must sign up and pay  
by Friday, March 15.

The menu will include the  
traditional corned beef  
and cabbage, potatoes,  
carrots and dessert.

Bingo will be played after  
lunch. Join us for great  
food and lots of fun!

## March Presentation End of Life Choices

This presentation aims to  
inform seniors and de-  
mystify the choices re-  
garding advanced care  
planning

**March 13 at 10:30am**

## LINE DANCING CLASS

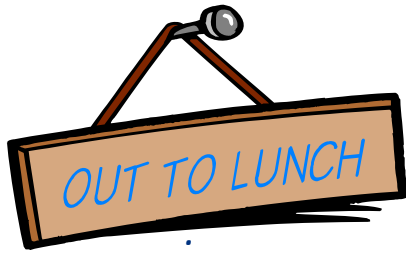
Tuesdays & Thursdays  
at 9am

**No Class March 5**

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

## ADULT LAP SWIM

Begins March 11  
Monday, Tuesday, Thurs-  
day, Friday  
5:30 - 7:00 a.m.  
Saturday & Sunday  
8:00 - 10:00 a.m.



## THE OUT TO LUNCH BUNCH

The Out to Lunch Bunch will be going to

### Bud's

for lunch on  
Friday, March 8  
at 11:30 a.m.

Please call the office or stop by the Senior Center to sign up. Please inquire if interested in taking Read-Ride from the Senior Center

## 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 March. For more information about Dixon Senior Club membership call Membership Officer, Barbara Long at (209) 304-2564.

## ALL ABOUT THE DIXON SENIOR CLUB

The Dixon Senior Club values and appreciates your support. As always, you do not have to be a member of the Dixon Senior Club to participate in activities at the Dixon Senior/Multi-Use Center.

But, if you do become a member, your dues help pay for refreshments, special activities, potluck supplies, and more. Being a member of the Club is a great way to meet new friends and take part in all the activities offered at the Senior Center. If you're a member of the Senior Club currently, THANK YOU!

If you're not, won't you please consider being a part of this important Organization?



## BINGO

Mondays  
at 12 noon.

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



## Mexican Train Dominoes

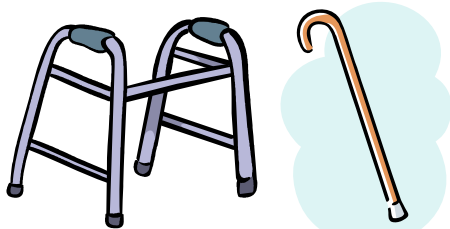
Come join us for this new activity on March 21 and every **2nd Thursday** of each month. Game starts at 10:00am and there is a sign-up at the Senior Center



## 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

## 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.



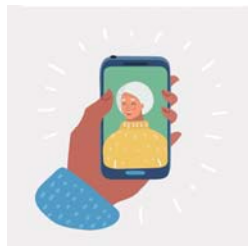
## SOCIAL SECURITY

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.



## 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.



## PHONE BUDDIES!

Phone buddies provide social connections between homebound seniors and friendly volunteers. Make a friend, BE a friend!

**Call (707) 469-6675**  
To register or Volunteer

## 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 Monday, Wednesday & Friday, 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.





Tuesdays  
No Class March 5 & 19  
10:30 - 11:30am  
First Class is FREE  
10 Class Pass - \$75  
5 Class Pass - \$40  
Low impact sitting and  
standing workouts.  
Improve strength,  
balance and more.

St. Patrick's Lunch  
for Dixon Seniors  
*sponsored by the Dixon Rotary Club*

Monday, March 18, 2024

11:30am

\$3 per meal

**Lunches must be reserved by Friday, March 15.  
Reservations may be made by calling 678-7022.  
Reservations are limited to the first 100 people.**

Meal includes Corned Beef, Cabbage, Potatoes,  
Carrots, Roll w/Butter, Dessert and Drink.

**Meals will be served inside or available for  
pick-up at the Dixon Senior/Multi-Use Center .**

**Bingo will be played after lunch!**

# Senior Activities - March 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 Busy Bee's Crafts  Chair Yoga  Bingo	5  <i>No Activities due to <b>Primary Election</b></i>	6 Grupo Hispanico	7 Line Dancing  Chair Yoga	8 <i>Out to Lunch Bunch</i>  <i>Bud's</i>	9
10 	11 Busy Bee's Crafts  Chair Yoga Lap Swim Bingo	12 Line Dancing  Senior Fitness Lap Swim Senior Club Meeting	13 Grupo Hispanico  End of Life Choices Presentation	14 Line Dancing  Chair Yoga  Lap Swim	15 Lap Swim	16 Lap Swim
17 Lap Swim 	18 Busy Bee's <i>St. Patrick's Lunch Bingo Lap Swim</i>	19 Line Dancing  Bunco  Lap Swim	20 Grupo Hispanico	21 Line Dancing  Lap Swim  MexicanTrain Dominoes	22 Lap Swim	23 Lap Swim
24/31 Lap Swim	25 Busy Bee's Crafts  Chair Yoga Lap Swim Bingo	26 Line Dancing  Senior Fitness  Lap Swim	27 Grupo Hispanico	28 Line Dancing  Chair Yoga  Lap Swim	29 Lap Swim	30 Lap Swim