

DIXON SENIOR CALENDAR

MAY 2024

SENIOR/MULTI-USE CENTER

201 S. FIFTH STREET DIXON, CA 95620

HOURS: MONDAY - FRIDAY, 9 A.M.– 2:30 P.M.

OFFICE PHONE: (707)678-7022



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.



CACHE CREEK CASINO TRIP
 Wednesday, May 22
 \$20 per person
 Leave at 9:30am
 Return at 3:30pm
 You must pay the \$20 to
 reserve your seat.
 Sign up at the Center by
 Friday, May 17.



*The Senior/Multi-Use
 Center will be closed
 Monday, May 27, for the
 Memorial Day holiday.*

Dixon May Fair



May 9-12
www.dixonmayfair.com
 for more info

**Solano County
 Master Plan for Aging
Listening Session**

**Wednesday May 1, 2024
 10:00am—11:30am
 Dixon Senior Center**

Seeking input from older
 adults on what they feel
 are unmet needs and
 proposed solutions to best
 support residents in
 Solano County.

**Space is limited, please
 sign-up at the Senior
 Center.**

Light snacks provided



DIXON SENIOR CLUB INFORMATION

SENIOR CLUB BOARD MEETING

The monthly Senior Club Board Meeting will be held on Tuesday, May 14 at 11:00 a.m.

DIXON SENIOR CLUB MEMBERSHIP

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*

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 money helps 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 the activities offered at the Senior Center. If you're a member of the Senior Club currently,

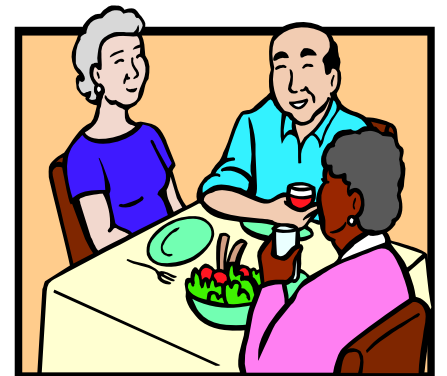
THANK YOU!

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

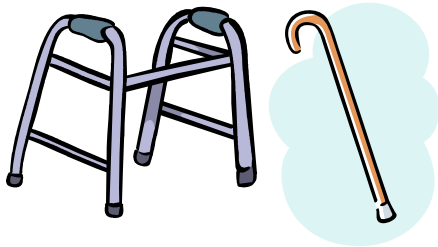
Thank You

SENIOR CLUB MEMBERSHIP INFORMATION

Are you a member of the Dixon Senior Club? Become a member and get together with other seniors and enjoy classes, special events, and other activities. Annual dues are \$10 per person and are due each January. Members who have not renewed their membership by March 31 will be asked to pay \$12. Please call 678-7022 for more information or stop by the Senior Center and join the Club today.



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.

MEALS ON WHEELS OF SOLANO COUNTY



MEALS on WHEELS
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 call
707-425-0638.**



**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.



SOCIAL SECURITY

Most inquiries and many problems can be handled over the phone by calling 1-800-SSA-1213, toll free, 7 am - 7 pm.



PUZZLE & BOOK LIBRARY

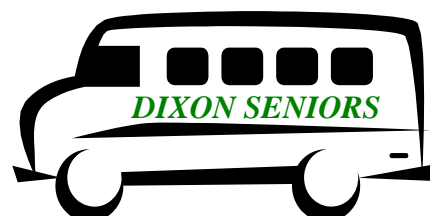
Did you know we loan out puzzles and books for you to take home and enjoy? We're always getting new donations of used books and puzzles to share. Stop by the Center and see what's available.

DID YOU KNOW!

The Dixon Senior Club offers reduced price Read-Ride passes to and from the Senior Center.

\$10 for 20 rides

Passes available at the Senior Center



ONGOING ACTIVITIES

BINGO

Every Monday at 12 noon. The cost is a nickel per card, per game and all adults are welcome.



LINE DANCE EXERCISE CLASS

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

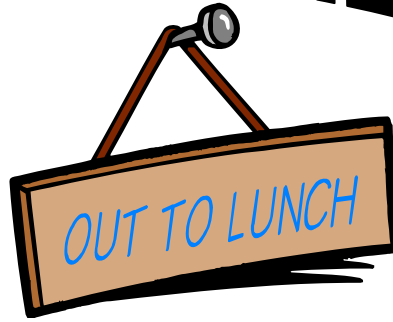


BUNCO

Tuesday, May 21
10:00 a.m.

\$2 per person

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



THE OUT TO LUNCH BUNCH

The Out to Lunch Bunch will be going to **Denny's** for lunch on Friday, May 10. Please meet us there at 11:30 am.

If you need a ride, please let us know in advance, so it may be arranged. A sign up sheet is located on the bulletin board at the Center.



COMING SOON...

**Presentations
Bus Trips
Ice Cream Socials**

MAY BIRTHDAYS

Dorothy Wiley (6)
Pat Rubow (9)
Pat Inderbitzen (12)
Ed Roediger (16)
Mike Nease (18)
Lenore Alarcon (22)
Francis Walker (26)
Butch Carpenter (27)
Numbers in () signify birthday day.



Mexican Train Dominoes

Come join us for this new activity on **May 9** and every **2nd Thursday** of each month. Game starts at 12 noon, bring your lunch and sign-up at the Senior Center



GRUPO HISPANICO (HISPANIC GROUP)

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



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.



BUSY BEE'S SEWING & CRAFTS CIRCLE

MONDAYS

at 10:00 a.m.

Sew, Craft and Chat!

ADULT EXERCISE 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.



JOIN THE FUN AT THE 147TH ANNUAL DIXON MAY FAIR May, 9-12, 2024



Mother Day May 12, 2024



SENIOR CENTER NEWSLETTER

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

TIPS FOR AVOIDING HEAT EXHAUSTION

Drink Plenty of Liquids

Wear Appropriate Clothes

Stay Indoors During
Mid-Day Hours

Take It Easy, Avoid
Exercise When It's Hot

Watch the Heat Index

Seek Air-Conditioned
Environments

Know The Warning Signs
of Heat-related Illness;
Dizziness, Nausea, Head-
ache, Rapid Heartbeat,
Chest Pain, Fainting or
Breathing Problems

WE NEED YOUR HELP
TO SHAPE



Solano Master Plan for Aging

We need input from older adults, people living with disabilities, caregivers, LGBTQ+ individuals, stakeholders, and community leaders to participate in "Listening Sessions."

Residents will have an opportunity to provide input— confidentially—on what they feel are unmet needs and proposed solutions to best support residents on some of these focus areas:

- Awareness and access to services and supports
- Safety
- Mental Health
- Healthcare and physical health
- Affordable housing and options to assist people through all stages of aging
- Enhancing transportation options



listening SESSIONS

Wednesday, May 1, 2024

10:00-11:30 am

Dixon Senior Center
201 S. 5th Street

For Questions Email or Call:

Austin George at

ageorge@cityofdixon.us

707-678-7441 Ext 5441

Light refreshments will be provided.



Solano
**Master Plan
for Aging**

www.mpasolano.com



INNOVATIVE
HEALTH
SOLUTIONS



Senior Activities - May 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<i>1</i> Grupo Hispanico Listening Session	<i>2</i> Line Dancing Chair Yoga Lap Swim	<i>3</i> Lap Swim	<i>4</i> No Lap Swim
<i>5</i> Lap Swim	<i>6</i> Lap Swim Busy Bee's Crafts Chair Yoga Bingo	<i>7</i> Lap Swim Line Dancing Adult Exercise	<i>8</i> Grupo Hispanico Adult Exercise	<i>9</i> Line Dancing Chair Yoga Lap Swim Mexican Train May Fair	<i>10</i> Out to Lunch Bunch May Fair	<i>11</i> Lap Swim May Fair
<i>12</i> May Fair Lap Swim 	<i>13</i> Lap Swim Busy Bee's Crafts Bingo	<i>14</i> Lap Swim Line Dancing Senior Club Meeting Chair Yoga	<i>15</i> Grupo Hispanico Adult Exercise	<i>16</i> Line Dancing Chair Yoga Lap Swim	<i>17</i> Lap Swim	<i>18</i> Lap Swim
<i>19</i> Lap Swim	<i>20</i> Lap Swim Busy Bee's Crafts Chair Yoga Bingo	<i>21</i> Lap Swim Line Dancing Adult Exercise Bunco	<i>22</i> Grupo Hispanico Cache Creek Trip	<i>23</i> Line Dancing Chair Yoga Lap Swim	<i>24</i> Lap Swim	<i>25</i> Lap Swim
<i>26</i> Lap Swim	<i>27</i> HOLIDAY Center is closed. 	<i>28</i> Lap Swim Line Dancing Adult Exercise	<i>29</i> Grupo Hispanico	<i>30</i> Line Dancing Chair Yoga Lap Swim	<i>31</i> Lap Swim	