

DIXON SENIOR CALENDAR

MAY 2023

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 - \$75

5 Class Pass - \$40

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 - \$75

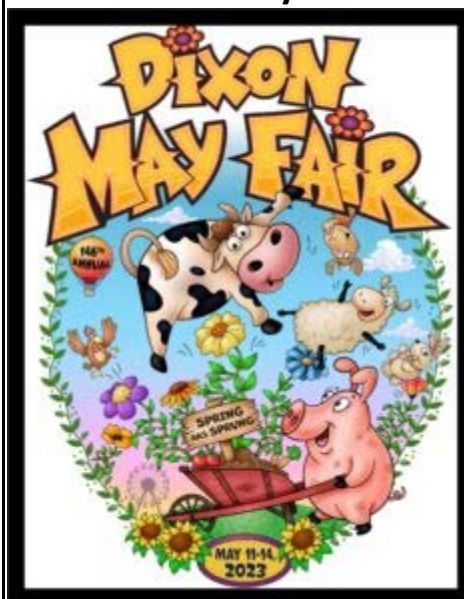
5 Class Pass - \$40

Low impact sitting and standing workouts.



The Senior/Multi-Use Center will be closed Monday, May 29, for the Memorial Day holiday.

Dixon May Fair



May 11-14

www.dixonmayfair.com
for more info



ADULT LAP SWIM

Mondays & Wednesdays

5:30 - 7:00 a.m.

Saturdays

8:00 - 10:00 a.m.

Punch Card (Good for 20 Visits) - \$75 adults; \$60 senior (55+)

Single Visit Fee - \$5;

\$4 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!

DIXON SENIOR CLUB INFORMATION

SENIOR CLUB BOARD MEETING

The monthly Senior Club Board Meeting will be held on Tuesday, May 9 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!

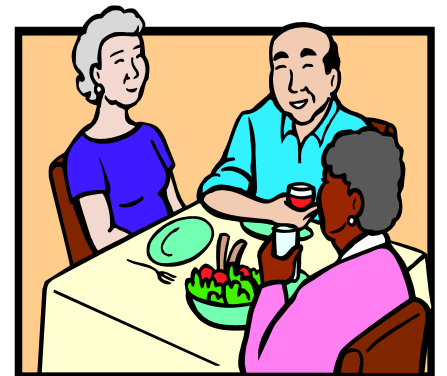
If you're not, won't you please consider being a part of this important Organization?!

Thank You

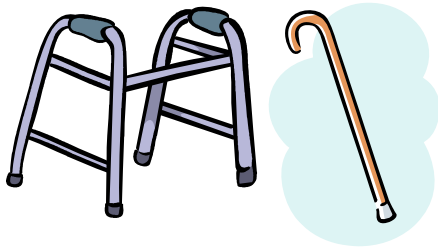
SENIOR CLUB MEMBERSHIP INFORMATION

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.

BINGO CALLERS NEEDED!



We are in need of Bingo Callers. If you or someone you know are interested in calling bingo on **Mondays** from **12:00- 2:00 p.m.** please let the Senior Center office staff know.

ONGOING ACTIVITIES

BINGO

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



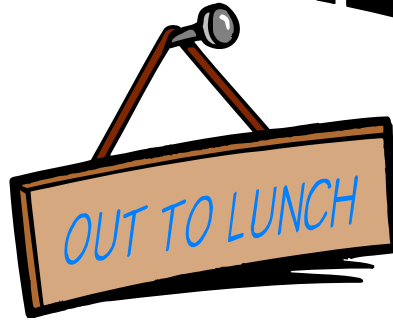
LINE DANCE EXERCISE CLASS

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 16
10:00 a.m.
\$1 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
BUD'S
for lunch on
Friday, May 12. 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.

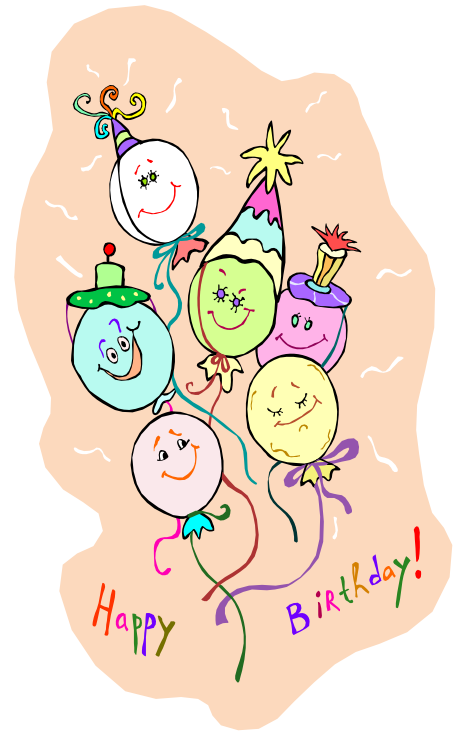


COMING SOON...

Presentations
Bus Trips
Ice Cream Socials

MAY BIRTHDAYS

Dorothy Wiley (6)
Ed Roediger (16)
Valente Lavalle (21)
Lenore Alarcon (22)
Giti Hormozyari (22)
Francis Walker (26)
Numbers in () signify
birthday day.



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

**EXTENDED TRIPS
BEING OFFERED BY THE
DIXON SENIOR CENTER**



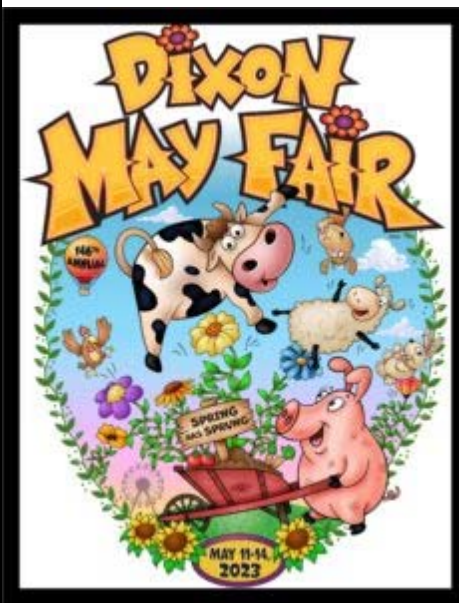
**Black Hills, Badlands &
Mt. Rushmore
August 16-22, 2023**



**Cape Cod & the Islands
September 23-30, 2023**



**Music Cities Christmas
November 28–
December 4**



**JOIN THE FUN AT
THE 146TH ANNUAL
DIXON MAY FAIR
May, 11-14, 2023**



**Mother Day
May 14, 2023**



Pickleball

Monday & Wednesday
4:30—6:30p.m.

At Hall Park Tennis Courts
Free instruction, bring a
friend and join us even if
you have never played
before.



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**

Senior Activities - May 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Lap Swim Busy Bee's Crafts Chair Yoga Bingo Pickleball	2 Line Dancing Senior Fitness	3 Lap Swim Pickleball	4 Line Dancing Chair Yoga	5	6 Lap Swim
7	8 Lap Swim Busy Bee's Crafts Chair Yoga Bingo Pickleball	9 Line Dancing Senior Fitness Senior Club Meeting 11a	10 Lap Swim Pickleball	11 Line Dancing Chair Yoga May Fair	12 Out to Lunch Bunch May Fair	13 Lap Swim May Fair
14 May Fair 	15 Lap Swim Busy Bee's Crafts Chair Yoga Bingo Pickleball	16 Line Dancing Senior Fitness Bunco	17 Lap Swim Pickleball	18 Line Dancing Chair Yoga	19	20 Lap Swim
21	22 Lap Swim Busy Bee's Crafts Chair Yoga Bingo Pickleball	23 Line Dancing Senior Fitness	24 Lap Swim Pickleball	25 Line Dancing Chair Yoga	26	27 Lap Swim
28	29 HOLIDAY Center is closed. 	30 Line Dancing Senior Fitness	31 Lap Swim Pickleball			