

DIXON SENIOR CALENDAR

SEPTEMBER 2023



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 9/4)
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.



*The Senior/Multi-
Use Center will be closed
Monday, September 5,
for the Labor Day holiday.*



**LINE DANCE
EXERCISE CLASS**
Tuesdays & Thursdays,
September 5- 28
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 CLUB
INDOOR GARAGE SALE**



Saturday, September 16
9:00 am - 12 noon
Drop by the Center and
browse all the bargains
and unique items for sale!
See page 5 for more info.

**SENIOR FRAUD &
SCAM PREVENTION
PRESENTATION**
Wednesday, September 6
10:30am at
Senior/Multi-Use Center
Join us for this **FREE**
presentation

BUNCO

Tuesday, Sept. 19
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, Sept. 12 - 26

10:30 - 11:30 a.m.

First Class is FREE

10 Class Pass - \$75

5 Class Pass - \$40

Low impact sitting and
standing workouts.

Improve strength,
balance and more.



BINGO IS BACK!

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.



WATER AEROBICS

Saturdays

9:00 a.m. - 9:45 a.m.



ADULT LAP SWIM

Monday-Thursday

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.

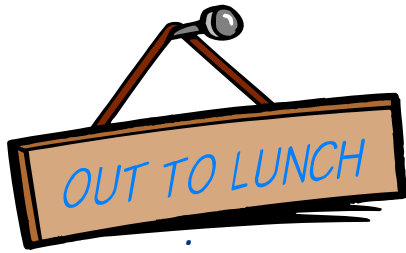
The suggested
contribution is \$4 per
meal, however, no senior
will ever be denied a meal
based on their inability to
contribute. Deliveries are

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.





THE OUT TO LUNCH BUNCH

The Out to Lunch Bunch will be going to **Kiki's Chicken** for lunch on Friday, September 8 at 11:30 a.m.

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

KIKI'S

Located at
115 E. Dorset Dr.

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 Membership Chairperson, Barbara Long at (209) 304-2564.

DIXON SENIOR CLUB MEMBERSHIP continued

If you're a returning member, please update your phone number, address, 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.

90+ Club

The Dixon Senior Club is looking for anyone who is 90 years of age or older. We would like to celebrate this great accomplishment together with family and friends but first we need to know how many nonagenarians are out in the community. If you or someone you know is 90 years or older please call Membership Chairperson, Barbara Long at (209) 304-2564.



¡Bienvenido!

GRUPO HISPANICO (HISPANIC GROUP)

Tuesdays at 10 am., except the 2nd & 3rd Tuesday of each month, which is at 12 pm. Talk about current events, play Loteria, and just enjoy the company of friends.



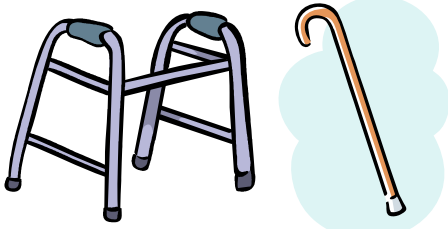
SENIOR CLUB PIZZA PARTY

Friday, October 20
12 - 2 pm
FREE

Deadline to sign up is
October 16
Water provided



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)
Beverlee Broadlink (4)
Charles Briggs (7)
Jose Chacon (8)
Jim Steward (11)
Ricardo Pereira (14)
Darlene Bastien (21)
Martha Duria (22)
Cece Capuyon (24)
Frances Houston (24)
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.



DIXON SENIOR CLUB INDOOR GARAGE SALE



Saturday, September 16, 2023
9 am to 12 pm

The Dixon Senior Citizens Club is sponsoring an indoor garage sale. Now is the time to get rid of some of that extra stuff we all have around our homes. Any senior citizen interested in renting a table, either half a table (4' x 30") for \$5 or a full table (8' x 30") for \$10 can do so. Space is limited.

No furniture is allowed. The items you are selling must fit within your table area. You must take any left over merchandise home with you. You are responsible for your own items, table area and money.



Please call
Barbara Long,
at 209 - 304 - 2564
to reserve a table.

More information and
conditions available for those
interested in renting a table.

Senior Activities - September 2023



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