



SENIOR BREEZE

ACTIVITY GUIDE



SUISUN CITY SENIOR CENTER -- NOVEMBER, 2011

318 Merganser Dr. 707.421.7203 Karen Mickens, Coordinator



Suisun City, CA
Discover the Experience

Suisun Senior Center – NOVEMBER 2011

***Senior Partners Meet – Wednesday, November 9 –PLEASE COME!**
 Newsletter available at Center and online at www.suisun.com
 follow us on www.Facebook.com/SuisunCity

Monday	Tuesday	Wednesday	Thursday	Friday
	1 9 cards 9 Crafts 9 ti chi @ JNC 11:30 lunch chili 1 bingo	2 9 cards 10 Line Dance 11:30 Lunch Salisbury Steak 1 bingo 1 ART CLASS 7:30 Square Dancing	3 9 cards 9 ti chi @ JNC 11:30 lunch Sweet/sour chicken 1 Bingo	4 9 Legal Hour 9 cards 9 Crafts 11:30 lunch Fish 1 bingo
7 9 cards 9 Crafts 11:30 lunch Beef-A-Roni 1 bingo	8 9 cards 9 Crafts 9 ti chi @ JNC 11:30 lunch Fish 1 bingo	9 9 cards 9:45 Senior Partners Meet 10 Line Dance 11:30 Lunch Taco Salad 1 bingo 1 ART CLASS 7:30 Square Dancing	10 9 cards 9 ti chi @ JNC 9:30 Zumba Gold Exercise Romano 1 Bingo	11 Center Closed Veteran's Day
14 9 cards 9 Crafts 11:30 lunch Country Steak 1 bingo	15 9 cards 9 Crafts 9 ti chi @ JNC 11:30 lunch Chicken Cacciatore 1 bingo	16 9 cards 10 Line Dance 11:30 lunch Chili Relleno Casserole 1 bingo 1 ART CLASS 7:30 Square Dancing	17 9 cards 9 ti chi @ JNC 9:30 Zumba Gold Exercise 11:30 lunch Roast Turkey 1 Bingo CACHE CREEK CASINO TRIP	18 9 cards 9 Crafts 11:30 lunch Swedish Meatballs 1 bingo
21 9 cards 9 Crafts 11:30 lunch Chicken Chow Mein 1 bingo	22 9 cards 9 Crafts 9 ti chi @ JNC 11:30 lunch Salmon Patty 1 bingo	23 9 cards 10 Line Dance 11:30 lunch Polish Saugage 1 Bingo 1 ART CLASS 7:30 Square Dancing	24 <i>Happy Thanksgiving Center Open 11am to 2 pm for Free Meal</i>	25 Center Closed
28 9 cards 9 Crafts 11:30 lunch Meatloaf 1 bingo	29 9 cards 9 Crafts 9 ti chi @ JNC 11:30 lunch Chicken Salad 1 bingo	30 9 cards 10 Line Dance 11:30 lunch Pork Chop 1 Bingo 1 ART CLASS 7:30 Square Dancing	NEW EXERCISE CLASS: ZUMBA GOLD See Newsletter for details!!!	



Programs, Services & Information Section:

Suisun City Senior Center welcomes you! A place for recreation, socialization and resource to those 50 years of age or older.

**THE SUISUN SENIOR PARTNERS:

The Senior Partners are a tax-exempt 501C non-profit organization dedicated to the support and promotion of the Senior Center. All seniors are welcome to become Partner supporter and/or member and are encouraged to become active in the Senior Center activities and programs. Meetings are held at the Center the 2nd Wednesday of every month at 9:45 am.

**DINNER DANCE:

The event is held from January through October and is scheduled to take place the last Thursday of those months. A full course meal including wine and coffee is served at 6pm. Live music is played from 7-9pm. Tickets are available in advance for \$8.00 each.

DOORS OPEN AT 5:30

**LUNCH PROGRAM:

Meals on Wheels sponsors' lunch served at the Center Monday through Friday. A donation of \$3.00 per meal is suggested. This program also features home delivered meals and frozen meals. Lunches need to be ordered at least one day in advance. For reservations, menu information and other details please call 426-3079.

**LEGAL RESOURCE DAY:

David W. Knight, Attorney at Law
Certified Senior Advisor (CSA)
visits the Senior center for FREE legal consultations.

Appointment Required – See Office.

1st Friday of every month.

ADULT FITNESS:

ZUMBA GOLD EXERCISE CLASS

Thursday's beginning November 10
9:30 am

GREAT way to stay active and feel great!!!! All physical levels of ability are welcome and encouraged!

2 FREE Intro Classes,
then \$3 per person, per class

Sign up in Office or the day of your visit.

Ti-Chi – Learn these slow moving sets of exercises that help with balance, flexibility and posture. Wear comfortable clothing and soft-soled shoes.

Cost: \$2 per session. Class meets on Tuesday's and Thursday's @ 9 am at the Joseph Nelson Community Center.

Line Dance – Perfect way to stay fit and active by dancing. Dance segments include the cha-cha, rumba, swing, mambo, waltzes and more. **Cost: \$2 per class.**

*Every Wednesday @ 10am

Square Dancing – Wednesday's 7:30-9:30 pm. \$15 per month for members/\$4 per week for guests. For further information call – Linda 422-5170 OR Alina 422-8229.

**Crafts:

Needle Works & More – Knit, crochet or simply work any craft project you wish. You bring supplies for your own project.
*Monday's, Tuesday's & Friday's 9 – 12
Cost: \$1.00 per person, per class

***Just for Fun:**

Pinochle – Daily

Bingo – 5 cents per card, per game; 10 card maximum. Daily 1pm

****Golden Age Art Class****

This is a free art class that allows individuals to experiment in art. Simple lessons in different artistic techniques can help with self expression.

This class is free.

Please bring a sketch pad and 2-#2 pencils.

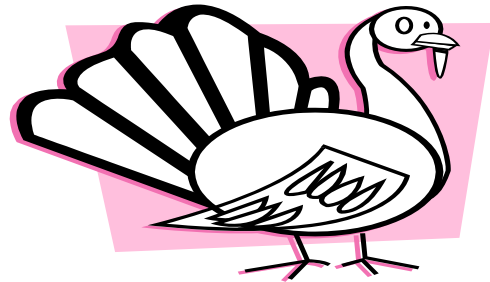
Class meets every Wednesday at 1pm

Newsletter available at Center and online at
www.suisun.com
follow us on
www.Facebook.com/SuisunCity

Holiday Programs

*** Thanksgiving Day Meal**

Served on Thanksgiving Day
12 noon – 2 pm



*** Annual Kiwanis Dinner**

Wednesday, December 14 @ 6pm

*** Annual Christmas Party**

Saturday, December 17

10 am – 2 pm

Lunch/Music/and holiday cheer

*Programs are FREE to persons 50 yrs. of age or older.

***TICKETS** and/or registration **MUST** be obtained in advance.

***Donations** to help off-set our costs would be appreciated!

***TRIP/TOURS:**

----Cache Creek Casino---
Thursday, November 17
\$22 per person.
Bonus: \$10 play/\$5 food
Spot time: 7:45am
Casino Stay: 6 hours

----Thunder Valley Casino---
Thursday, December 15
\$22 per person.
Bonus: \$5 play/\$5 food
Spot time: 7:45am
Casino Stay: 6 hours

PARKING: Please **do not** park in front of the Center.
Vehicles can be parked on the
side or back of Center OR in Post Office parking lot



Hawaiian Islands Cruise

15-day Roundtrip-- San Francisco

March 19 – April 2, 2012

Ports of Call Include: San Francisco,
Hilo, Honolulu, Kauai, Maui,
Ensenada, San Francisco

Cabins starting @ \$2095.

See Karen or Lyle for details!

New Year's in MONTEREY!

Movie Tour!

December 30 – January 2

- Roundtrip Motorcoach Transportation -
- 3 Night's Accommodations at Embassy Suites Hotel
- 8 Meals- to include a Gala Dinner, brunch, Fisherman's Wharf, Carmel dinner and more!

Contact Lyle for more info!