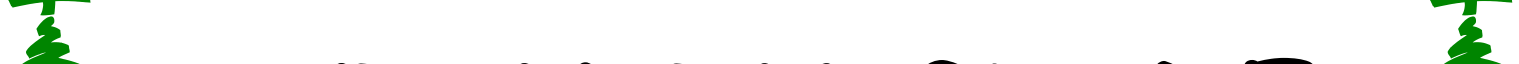




# SENIOR BREEZE

## ACTIVITY GUIDE



SUISUN CITY SENIOR CENTER -- DECEMBER 2011

318 Merganser Dr. 707.421.7203 Karen Mickens, Coordinator



*Suisun City, CA*  
Discover the Experience



**\*Senior Partners Meet – Wednesday, December 14 –PLEASE COME!**

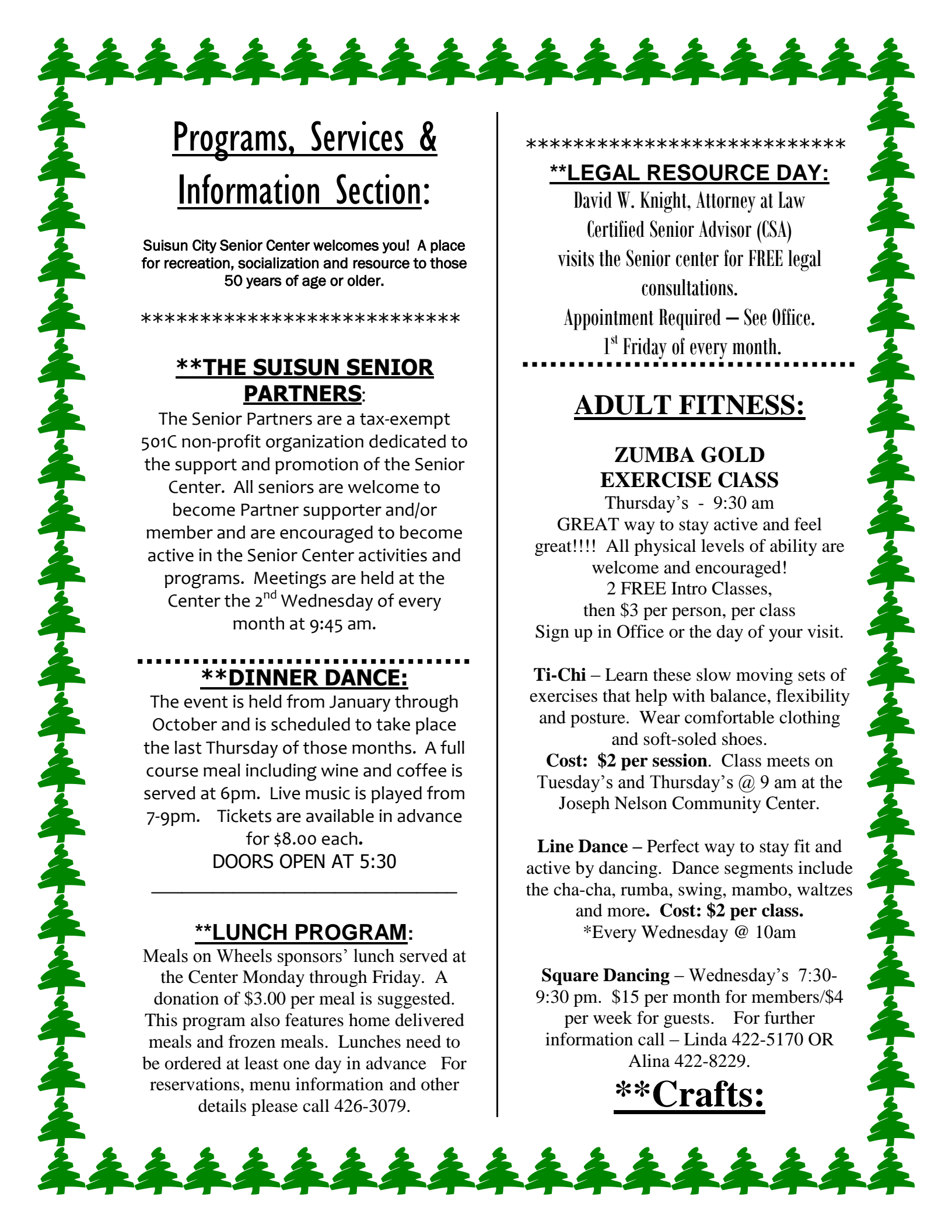
Newsletter available at Center and online at [www.suisun.com](http://www.suisun.com)

follow us on [www.Facebook.com/SuisunCity](https://www.facebook.com/SuisunCity)

**Suisun Senior Center – DECEMBER 2011**

**KAREN'S ANNUAL CHRISTMAS PARTY....SATURDAY, DECEMBER 17**

Monday	Tuesday	Wednesday	Thursday	Friday
			<u>1</u> 9 cards 9 ti chi @ JNC <b>9:30 Zumba Gold Exercise</b> 11:30 lunch <b>Krab Salad</b> 1 Bingo	<u>2</u> 9 Legal Hour 9 cards 9 Crafts 11:30 lunch <b>Chicken</b> 1 bingo
<u>5</u> 9 cards 9 Crafts 11:30 lunch <b>Sloppy Joe/Soup</b> 1 bingo	<u>6</u> 9 cards 9 Crafts 9 ti chi @ JNC 11:30 lunch <b>Chicken Alfredo</b> 1 bingo	<u>7</u> 9 cards 10 Line Dance 11:30 Lunch <b>Beef Stew</b> 1 bingo 1 ART CLASS 7:30 Square Dancing	<u>8</u> 9 cards 9 ti chi @ JNC <b>9:30 Zumba Gold Exercise</b> 11:30 lunch <b>Tamale Pie</b> 1 Bingo	<u>9</u> 9 cards 9 Crafts 11:30 lunch <b>Cod</b> 1 bingo
<u>12</u> 9 cards 9 Crafts 11:30 lunch <b>Tuna Noodle Casserole</b> 1 bingo	<u>13</u> 9 cards 9 Crafts 9 ti chi @ JNC 11:30 lunch <b>Chili</b> 1 bingo	<u>14</u> 9 cards <b>9:45 Senior Partners Meet</b> 10 Line Dance 11:30 lunch <b>Polish Saugage/Soup</b> 1 bingo 1 ART CLASS <b>6 Kiwanis Christmas Dinner</b>	<u>15</u> 9 cards 9 ti chi @ JNC <b>9:30 Zumba Gold Exercise</b> 11:30 lunch <b>Sweet/Sour Chicken</b> 1 Bingo <b>THUNDERVALLEY CASINO TRIP</b>	<u>16</u> 9 cards 9 Crafts 11:30 lunch <b>Fish</b> 1 bingo
<u>19</u> 9 cards 9 Crafts 11:30 lunch <b>Salisbury Steak</b> 1 bingo	<u>20</u> 9 cards 9 Crafts 9 ti chi @ JNC 11:30 lunch <b>Mostaccioli</b> 1 bingo	<u>21</u> 9 cards 10 Line Dance 11:30 lunch <b>Turkey</b> 1 Bingo 1 ART CLASS 7:30 Square Dancing	<u>22</u> 9 cards 9 ti chi @ JNC <b>9:30 Zumba Gold Exercise</b> 11:30 lunch <b>Taco Salad</b> 1 Bingo	<u>23</u> 9 cards 9 Crafts 11:30 lunch <b>Italian Saugage/spaghetti</b> 1 bingo
<u>26</u> <b>CENTER CLOSED</b>	<u>27</u> 9 cards 9 Crafts 9 ti chi @ JNC 11:30 lunch <b>Chili Relleno</b> 1 bingo	<u>28</u> 9 cards 10 Line Dance 11:30 lunch <b>Country Steak</b> 1 Bingo 1 ART CLASS 7:30 Square Dancing	<u>29</u> 9 cards 9 ti chi @ JNC <b>9:30 Zumba Gold Exercise</b> 11:30 lunch <b>Swedish Meatballs</b> 1 Bingo	<u>30</u> 9 Cards 9 Crafts 11:30 Lunch <b>Ham</b> 1 Bingo



## 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.

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### **\*\*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 2<sup>nd</sup> Wednesday of every month at 9:45 am.

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### **\*\*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

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### **\*\*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.

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### **\*\*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.

1<sup>st</sup> Friday of every month.

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### **ADULT FITNESS:**

#### **ZUMBA GOLD EXERCISE CLASS**

Thursday's - 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**

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**\*Just for Fun:**

**Pinochle** – Daily

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

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***\*\*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](http://www.suisun.com)

follow us on

[www.Facebook.com/SuisunCity](http://www.Facebook.com/SuisunCity)

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***Karen and Kathleen wish you all a very Merry Christmas and a Happy New Year...we both love you all. Thank you for supporting the Center and us as well.***

**Holiday Programs**



\*Annual Kiwanis Dinner  
Wednesday, December 14 **FULL**

**\*Karen's Annual Christmas Party**

Saturday, December 17  
10 am – 2 pm

Free Lunch, DJ and live entertainment.  
Open to person's 50+  
Donations of cash/door prizes gladly accepted.

**MUST** register in advance



## TRIP/TOURS:

### ----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

### ----Red Hawk Casino---

Thursday, January 19

**\$23** per person.

Bonus: \$15 play/\$5 food

Spot time: 7:45am

Casino Stay: 6 hours

### ----Cache Creek Casino---

Thursday, February 16

**\$23** per person.

Bonus: \$10 play/\$5 food

Spot time: 7:45am

Casino Stay: 6 hours

## 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.**

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## **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!