

SUISUN CITY SENIOR CENTER

A place for social activity and resource to the senior community.

318 Merganser Dr.

421-7203

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“Just Because” you do not need a particular reason to visit us at the center. There is no membership to join, nor are you required to be a Suisun City resident. We ask that you be at least 50 years of age and have a need for activity. The center creates an opportunity to meet and make new friends. Join us.

Special Programs, holiday events, educational information programs, lectures and recreational activities are planned on a regular basis. For information on regular or special programming call the center or come in and meet us in person.

Monthly **Newsletters** are also available at the center. We also offer yearly **subscriptions** at \$15 per year. **Advertisement** spaces in our monthly publication are also available. Call the center for current rate.

The Suisun City Senior appreciates donations that help benefit the center and its operation.

Class Description & Schedules:

****ADULT FITNESS:**

Sit & Be Fit-a light but energetic aerobic workout great for those wishing to maintain physical health and for those who cannot exercise traditionally by standing.

*Monday's & Wednesday's 12:15
\$1.00 per person per class

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

****WELLNESS:**

Health Nurse – The Solano County Older and Disabled Adult Services Program provides free health screenings. Public Health Nurse Joyce Goodwin is available for blood pressure, blood sugar measurements, nutrition, referrals and other health related issues.

*1st and 3rd Friday of month. 9-until all are taken care of.

Flu Shot Clinics – Clinics given twice yearly for flu and/or pneumonia vaccinations. Shots are free to those with Medicare Part B (must have card at time of vaccination). Check for current shot rates and clinic times.

****Sewing/Crafts:**

Needle Works & More – Knit, crochet or simply work any project you wish.

You bring supplies for your project.

*Monday's & Tuesday's 9 – 12

*2nd & 4th Friday 9-12

\$1.00 per person per class

****Just for Fun:**

Pinochle – Players meet every morning to play.

Bingo – 5 cents per card, per game; 10 card maximum. 16 or more games played per session.

*Monday – Friday 1pm

Movie's – 1st & 3rd Friday @ 1pm

Popcorn and punch too!

\$1 per person.

Parking Lot Sale/Super Saturday – Center open on special Saturday for all day fun, lunch and bingo; potluck dish or bring \$4. Parking lot sale held same day; tables available for sale to vendors.

*Check with Center for event times.

Dinner Dance – Very popular gathering is held the last Thursday of every month excluding the months of November & December. Cost is \$8 pp. This includes a full meal and dancing to a live band. Advanced reservations are required.

Trip/Tour Program - Our Trip/Tour Program schedules excursions on a regular basis. Popular one-day casino trips are taken once or twice monthly. Extended stay trips such as cruises and other site-seeing ventures are planned throughout the year.

****Suisun Senior Partners**

Our Center's Advisory Committee consists of an elected Board of Directors and seniors who help benefit and encourage the growth and programming of the Center. Your input and ideas are welcome and encouraged.

*2nd Wednesday 9:45am

****Lunch** served Monday – Friday at the Senior Center provided and sponsored by Meals On Wheels. Reservations are needed one day in advance and can be made by calling 426.3079. A donation of \$3.00 per meal is asked to help cover cost of food. Monthly Menu available.

LEGAL HOUR

Attorney visits to discuss legal matters and concerns. Free service. 1st Friday by **appointment**.

BUS TICKETS AVAILABLE AT THE SENIOR CENTER

Bus **ticket books** are now available for purchase at the Senior Center.

*DART Para-Transit Ticket Booklet
\$30

*DART Para-Transit Inter-City
Booklet

(Vacaville) \$55

*Regular Fixed Route Monthly Pass
\$50

*Reduced Rate Senior/Disabled
Discount Monthly Pass (65+yrs.) \$25

Also available- Reduced Faire Taxi
Card Applications and DART
Paratransit Applications.
