

AGENDA
REGULAR MEETING OF THE
SUISUN CITY PARKS AND RECREATION COMMISSION
701 CIVIC CENTER BOULEVARD
SUISUN CITY, CALIFORNIA
7:00 P.M., WEDNESDAY, JULY 15, 2015

A. ROLL CALL

B. PUBLIC COMMENT

C. PRESENTATIONS, ANNOUNCEMENTS AND APPOINTMENTS

1. Introduction: Randy Davis, Interim Recreation & Community Services Department

D. CONSENT CALENDAR

Consent Calendar items requiring little or no discussion and acted upon with one motion.

1. a. Minutes of the June 17, 2015 Parks and Recreation Commission meeting.

E. GENERAL BUSINESS

1. Lawler Ranch Park Update
2. Heritage Park Improvement
3. Cepeda International / Lambrecht Sports Complex Update
4. Montebello Vista Park Assessment District

F. REPORTS

1. Staff
 - a. City Council Agenda
 - b. Park Development Fund
 - c. Recreation/Community Center
 - d. Marina Report
 - e. Senior Center Report
 - f. City Parks Inspection Reports
 - g. Other
2. Commission
3. Chairman

G. ADJOURNMENT

I, _____ of the City of Suisun do certify that this Agenda was posted by 12:00 noon, on Saturday, preceding this meeting at the following locations:

- a. Suisun City Hall, 701 Civic Center Blvd.
- b. Suisun City Fire Department, 621 Pintail Drive
- c. Suisun City Senior Center, 611 Village Drive

**CITY OF SUISUN CITY
PARKS AND RECREATION COMMISSION
MINUTES OF JUNE 17, 2015**

Mick Jessop called the meeting to order at 7:00 p.m.

A. ROLL CALL

Present: Chairman Angel Borja, Vice-chair John Pierce, Commissioner Tom Conley,
Commissioner Jan Davenport

Absent: Vice-chair John Pierce; Commissioner Al Gacosta

Staff: Mick Jessop, Cathy Rader

Audience: None

B. PUBLIC COMMENT: None

C. PRESENTATIONS, ANNOUNCEMENTS, APPOINTMENTS:

Partnership to Improve Community Health (PICH): Trishia Caguiat gave a short power point presentation summarizing the Partners for Healthy Communities grant objectives to increase access to tobacco free environments within parks and recreational areas and to increase access to fruits and vegetables through retailers and park concessions. Staff asked the Commission to support amending the previous smoke free events ordinance to include e-cigarettes. Trishia recommended to the Commission to support the PICH policy objectives. After a discussion including how to enforce a smoke free park policy, the Commissioners put the policy effort to a vote and motion to support the PICH grant objectives were approved with a 3-0 vote. Motion to approve was made by Commissioner Tom Conley and seconded by Commissioner Jan Davenport.

D. CONSENT CALENDAR

Approval of Minutes:

The minutes of May 6, 2015 meeting were approved with a 3-0 vote. Motion to approve made by Commissioner Jan Davenport and seconded by Commissioner Tom Conley.

E. GENERAL BUSINESS

1. Lawler Ranch Park Update: Mick Jessop reported that the work at Lawler Ranch Park is open for bids and is expected to be ready to go to City council on June 23, 2015 or June 30, 2015. The Commissioners informed Mick that the Park & Recreation Commission recommend to City Council to increase budget to 1st include the 3 Alternates, A, B & C which increase the turf areas of the park and the Alternate D the pathway lighting.
2. Kids to Park and Community Clean-Up Day Recap: Mick Jessop thanked the Commissioners for helping with the Highway 12 clean-up. The Commissioners and community volunteers picked up debris and filled up 20 large garbage bags. Cathy Rader stated that photos of the Community Clean-Up are posted on the Suisun City Kids to Park & Community Clean-up Facebook page. Chairman Angel Borja suggested advertising in the local paper to inform the community. Cathy Rader stated that both Scott Corey and she contacted the local paper regarding the event. One of the volunteers stated to Cathy that there was an article in that day's paper and that is how she found out about the event.

F. REPORTS

1. Staff

- a. City Council Agenda: Mick Jessop reported that budget workshop talks included replacing the Nelson Community Center floors and the dry rot at City Hall; staff to receive the 2.5% wage replacement that reduced wages in budget cuts a couple years ago; full-time Recreation & Community Services Director to be filled within 3-4 months; and the Cepeda/Lambrech contract. Mick discussed the improvements that Cepeda baseball will be accomplishing at the complex.
- b. Park Development Fund: No report
- c. Recreation/Community Center Report: Cathy Rader reviewed the Recreation/Community Center Report.
- d. Marina Report: Mick Jessop stated that Marina Supervisor interviews were completed, offer(s) will be made and a new Marina Supervisor should be starting soon.
- e. Senior Center: The Senior Center newsletter was reviewed. Mick Jessop reported that the Senior Dinner is scheduled for Thursday, June 25.
- f. City Parks Inspection Reports: Chairman Angel Borja reported that the new schedule for parks inspection was just emailed out. Cathy Rader requested the schedule to be emailed to her also.
- g. Other: None

- 2. Commission: None
- 3. Chairman: None

G. ADJOURNMENT

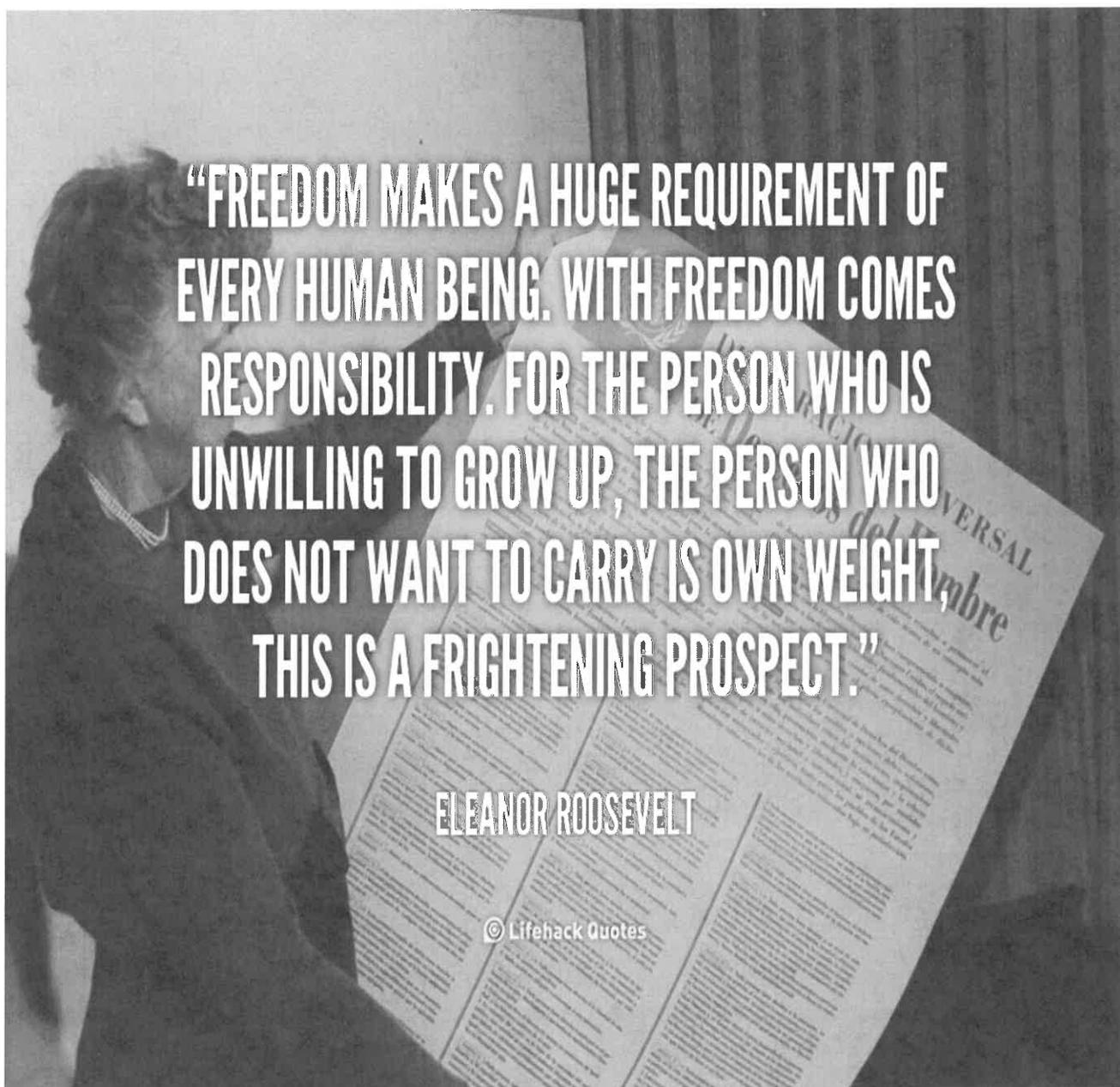
There being no further business the meeting was adjourned at 8:07 p.m. Motion to adjourn was made by Commissioner Tom Conley and seconded by Commissioner Jan Davenport. Vote 3-0.

Chairman

Recreation Program &
Administrative Coordinator

SENIOR BREEZE

ACTIVITY GUIDE



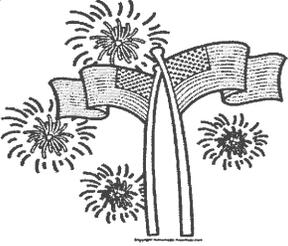
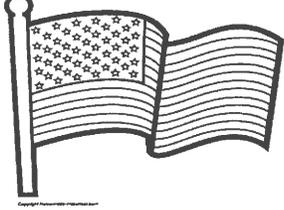
SUISUN CITY SENIOR CENTER – July 2015

318 Merganser Dr. 707.421.7203 Karen Mickens, Coordinator



Suisun City, CA
Discover the Experience

July 2015

Monday	Tuesday	Wednesday	Thursday	Friday
		<p style="text-align: center;"><u>1</u></p> 8:00 Cards 10:00 Line Dance 11:30 Lunch 1:00 Bingo 1:00 Art Class 2:30 Bible Study	<p style="text-align: center;"><u>2</u></p> 8:00 Cards 8:30 Exercise 9:00 Tai Chi @ JNC 11:30 Lunch 1:00 Bingo	<p style="text-align: center;"><u>3</u></p> <p style="text-align: center;">Closed in Observance of The 4th of July</p>
<p style="text-align: center;"><u>6</u></p> 8:00 Cards 9:00 Crafts 11:30 Lunch 1:00 Bingo	<p style="text-align: center;"><u>7</u></p> 8:00 Cards 8:30 Exercise 9:00 Crafts 9:00 Tai Chi @ JNC 10:00 Brain Flexers 11:30 Lunch 1:00 Bingo	<p style="text-align: center;"><u>8</u></p> 8:00 Cards 10:00 Line Dance 11:30 Lunch 1:00 Bingo 1:00 Art Class 2:30 Bible Study	<p style="text-align: center;"><u>9</u></p> 8:00 Cards 8:30 Exercise 9:00 Tai Chi @ JNC 9:45 Senior Partners Meeting 10:00 Brain Flexers 11:30 Lunch 1:00 Bingo	<p style="text-align: center;"><u>10</u></p> 8:00 Cards 9:00 Crafts 11:30 Lunch 1:00 Bingo
<p style="text-align: center;"><u>13</u></p> 8:00 Cards 8:00 Tai Chi 9:00 Crafts 11:30 Lunch 1:00 Bingo	<p style="text-align: center;"><u>14</u></p> 8:00 Cards 8:30 Exercise 9:00 Crafts 9:00 Tai Chi @ JNC 10:00 Brain Flexers 11:30 Lunch 1:00 Bingo	<p style="text-align: center;"><u>15</u></p> 8:00 Cards 8:00 Tai Chi 10:00 Line Dance 11:30 Lunch 1:00 Bingo 1:00 Art Class 2:30 Bible Study	<p style="text-align: center;"><u>16</u></p> 8:00 Cards 8:30 Exercise 9:00 Tai Chi @ JNC 9:30 Suisun Library Book Club 10:00 Brain Flexers 11:30 Lunch 1:00 Bingo	<p style="text-align: center;"><u>17</u></p> 8:00 Cards 8:00 Tai Chi 9:00 Crafts 11:30 Lunch 1:00 Bingo
<p style="text-align: center;"><u>20</u></p> 8:00 Cards 8:00 Tai Chi 9:00 Crafts 11:30 Lunch 1:00 Bingo	<p style="text-align: center;"><u>21</u></p> 8:00 Cards 8:30 Exercise 9:00 Crafts 9:00 Tai Chi @ JNC 10:00 Brain Flexers 11:30 Lunch 1:00 Bingo	<p style="text-align: center;"><u>22</u></p> 8:00 Cards 8:00 Tai Chi 10:00 Line Dance 11:30 Lunch 1:00 Bingo 1:00 Art Class 2:30 Bible Study	<p style="text-align: center;"><u>23</u></p> <p style="text-align: center;">Super Thursday 9 - 2 Regular programming is cancelled for the day.</p>	<p style="text-align: center;"><u>24</u></p> 8:00 Cards 8:00 Tai Chi 9:00 Crafts 11:30 Lunch 1:00 Bingo
<p style="text-align: center;"><u>27</u></p> 8:00 Cards 8:00 Tai Chi 9:00 Crafts 11:30 Lunch 1:00 Bingo 1:00 Wii Bowling	<p style="text-align: center;"><u>28</u></p> 8:00 Cards 8:30 Exercise 9:00 Crafts 9:00 Tai Chi @ JNC 10:00 Brain Flexers 11:30 Lunch 1:00 Bingo	<p style="text-align: center;"><u>29</u></p> 8:00 Cards 8:00 Tai Chi 10:00 Line Dance 11:30 Lunch 1:00 Bingo 1:00 Art Class 2:30 Bible Study	<p style="text-align: center;"><u>30</u></p> 8:00 Cards 8:30 Exercise 9:00 Tai Chi @ JNC 10:00 Brain Flexers 11:30 Lunch 1:00 Bingo 6:00 Dinner Dance	<p style="text-align: center;"><u>31</u></p> 8:00 Cards 8:00 Tai Chi 9:00 Crafts 11:30 Lunch 1:00 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.

The Senior Center is now on Face Book!
www.Facebook.com/suisunseniorcenter

****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 supporters and/or members and are encouraged to become active in the Senior Center activities and programs. Meetings are held at the Center the 2nd Thursday of every month at 9:45 am.

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****DINNER DANCE :**

Thursday, July 30th!
BBQ Tri-Tip!
Tickets: \$8 in ADVANCE OR
\$10 at the door
Doors open 5:30pm; Dinner @ 6pm.

****LUNCH PROGRAM:**

Meals on Wheels sponsors' lunch served at the Center Monday through Friday. A donation of \$3.00 per meal is suggested and appreciated. Advanced reservations required; Please call (707) 426-3079.

****BINGO:** 5 cents per card, per game; 10 card maximum.
Monday through Friday, 1pm.

****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.

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****ADULT FITNESS:**

Tai-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

Video Chair Exercise - Perfect for all mobility levels. **Cost: \$1 per person, per class.**
Tuesday's and Thursday's 8:30am

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 A.M - Noon. **Cost: \$1.00 per person, per class.**

Tai-Chi: Moving for Better Balance - Simple Tai-Chi designed for Seniors, and intended for beginners. Canes and walkers are welcome. Meets Mondays, Wednesdays and Fridays from 8 - 9 a.m. **No cost.**

Brain Flexers: A memory class designed to help Seniors improve mental, physical and emotional health. Meets Tuesdays and Thursdays from 10 - 2.

****Deborah Hamel 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.

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****Pinochle - Daily**

Meals on Wheels Lunch Menu, July 2015

*Donation Reminder: **Suggested Donation \$3.00 per meal**

***Guests under 60 years - \$7.00/meal**

Your meals from Meals on Wheels Solano County is made possible by the generous support of volunteers, Area Agency on Aging, federal funds and donations from the community. If you are unable to contribute the entire \$3.00, please consider contributing whatever you can. No one will be denied a meal if unable to contribute. Every donation helps Meals on Wheels of Solano County continue to serve seniors in our community.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Tamale Pie 1 Refried Beans Spanish Rice Salad Fresh Fruit	BBQ Chicken 2 Macaroni Salad Vegetable Salad Cranberry Juice Tapioca Pudding	3 Closed For the 4th of July
Chicken Marsala 6 Fettuccini Italian Vegetables Fruit	Meatloaf W Gravy 7 Mashed Potatoes Romaine Salad Wheat Roll Fresh Fruit	Navy Bean Soup 8 Tuna Salad on Lettuce Wheat Bun Cucumber Salad Fresh Fruit	Chicken Chow 9 Mein Fried Rice Oriental Vegetables Apple Juice Butterscotch Pudding	Pork Loin W 10 Gravy Sweet Potatoes Succotash Bread Fruit
Spaghetti W Meat 13 Sauce Italian Green Beans Cranberry Juice Vanilla Pudding	Corn Chowder 14 Polish Sausage on Bun W Sauerkraut Fruit	Chili Relleno 15 Casserole Refried Beans Spanish Rice Fruit Cup	Baked Tilapia 16 Scalloped Potatoes Broccoli Wheat Roll Fresh Fruit	Chicken Dijon 17 On Fetuccini Italian Vegetables Romaine Salad Apple Crisp
Minestrone Soup 20 Sloppy Joe on Wheat Bun Potatoo Wedges Fruit	Chicken Pot Pie 21 With Biscuit Brussel Sprouts Tossed Green Salad Peach Crisp	Pork Fried Rice 22 Lemony Broccoli Wheat Roll Cookie	Krab Salad on 23 Lettuce Beet & Onion Salad Wheat Roll Fresh Fruit	Unstuffed 24 Peppers Steamed Rice Corn Fruit Romaine Salad
Hot Turkey Sand- 27 Which W Gravy Mashed Potatoes Peas & Carrots Fruit	Beef-A-Roni 28 Broccoli Caesar Salad Chocolate Brownie	Rosemary Chicken 29 Brown Rice Seasoned Mixed Vegetables Fresh Fruit	Beef Taco Salad 30 Three Bean Salad Fresh Fruit	Battered Cod 31 Rice Pilaf Pineapple Coleslaw Fruit

Menu is subject to change without notice. Low fat milk is provided with each meal. Bold means the meal has an entrée high in sodium. Meals Partially Funded Under the Older Americans Act. No leftover food is allowed to leave the site for health and food safety reasons, except for wrapped breads, baked goods, and fresh fruit. Please only sign up when you are sure you can make it to minimize food waste. We always appreciate your comments and feedback anytime; Just tell your site host or send us a note in the Donation Box.

Opening Tuesday, July 7th, 2015

Brain Flexers

(Formerly Brain Boosters)



Are you concerned about your memory? Join others who are also dealing with memory issues at Brain Flexers where our goal is to provide opportunities for members to improve or maintain mental, physical and emotional health in an upbeat setting. The program focuses on memory enhancement tips, laced with humor and reinforced through socialization.

Join us at the Suisun Senior Center

318 Merganser in Suisun near the corner of Hwy 12 and Sunset Ave.

Each Tuesday and Thursday from 10 a.m. – 2 p.m.

Contact Kristin Einberger at keinberger81@gmail.com / 707 287 4353 or Janelle Sellick at jsellick@gmail.com / 707 363 1915 for more information or to register.

Please join us for
Tai chi: Moving for
Better Balance



- ◊ Simpler than Tai Chi for Seniors
- ◊ “If I can do it, YOU can do it!”
- ◊ Intended for beginners
- ◊ Proven to reduce falls by 55%
- ◊ Canes and walkers okay
- ◊ Developed with YOU in mind.

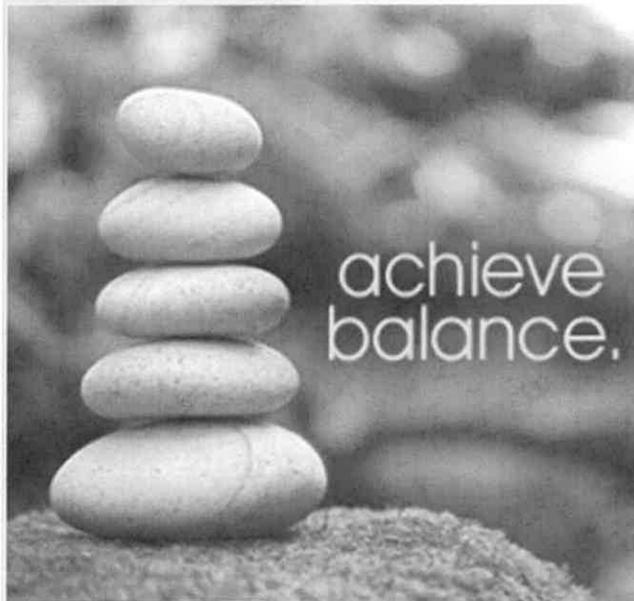
Mondays, Wednesdays and Fridays from 8:00-9:00

Class begins 7/13 and runs to 10/2 (12 weeks)

At the Suisun City Senior Center

318 Merganser, Suisun City

**Register with Dale Alexander
643-1797 ext. 325**



Super Thursday Bingo & Yard Sale

July 23, 2015 9 a.m to 2 p.m.



Bingo! Lunch! Prizes! Yard Sale!

Come join us for all day fun!

Hosted by the Suisun City Senior Partners, just for you!

It is \$4 for the day, in advance.

(\$6 after July 17th; Please pay at the office.)

Lunch will be chili dogs, tossed salad, and Italian Macaroni Salad!

Fresh Fruit for dessert!

Donations are welcome, and greatly appreciated for the yard sale.

(Please see Lyle, Karen or Jimmie about donations.)

Dinner Dance Raffle

Edith Gaither has donated one of her very own hand-made quilts to raffle off the benefit the Dinner Dance Program! All proceeds raised from this raffle go back to the Dinner Dance program.

This quilt is themed after Roger Rabbit, and is absolutely adorable! It is designed to be hung, used as a throw, or can be used on a twin bed.

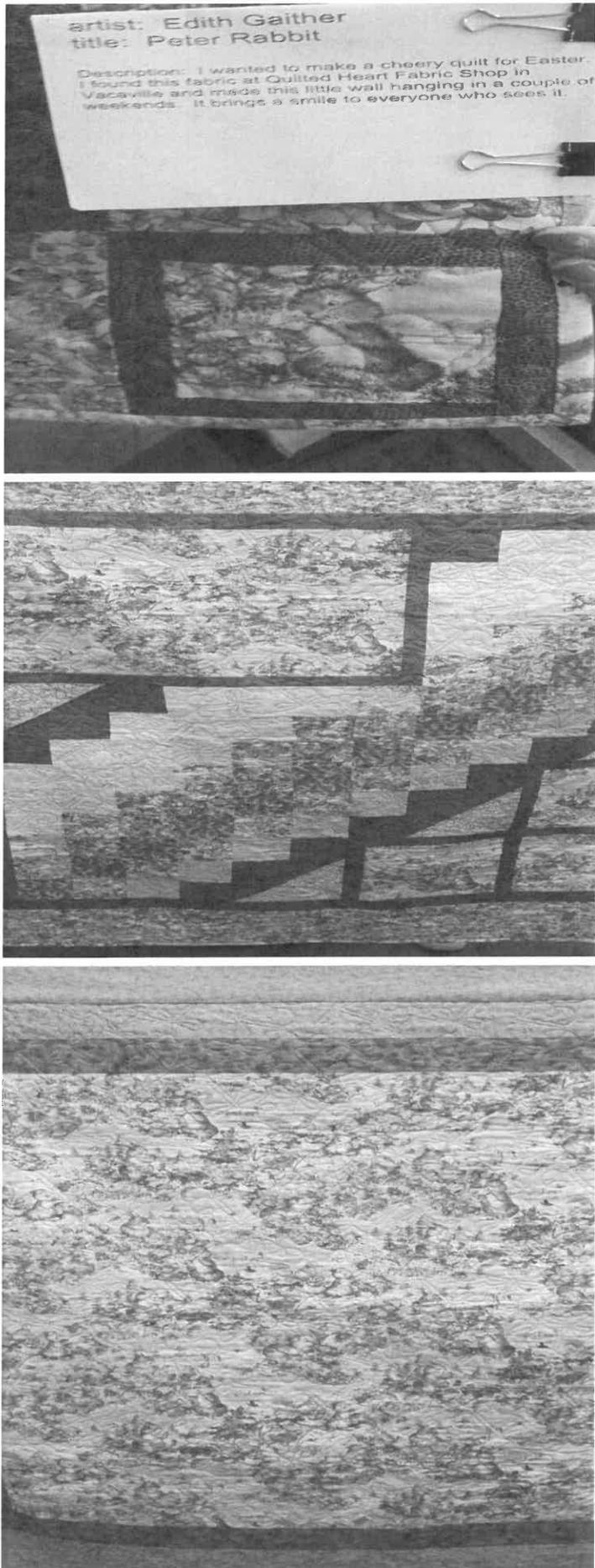
Tickets are open to the public, and are not limited.

Tickets are \$1.00 each, or 6 for \$5.00.

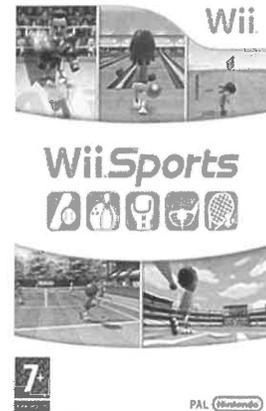
The raffle will take place at July's Dinner Dance on the 30th. You are not required to be present to win.

Don't forget to purchase your Dinner Dance ticket and enjoy some barbequed tri tip!

Please come by the office and see Karen or Kathleen to purchase tickets, and to see the quilt in person!



Wii Bowling?!?



For the Wii Bowling Program, we need several people with an interest; we can create teams, have team championships, great exercise, and fun.

**Please join us on Thursday, July 30th, from 1 to 3 p.m.
All experience levels are welcome!**

If you would be interested in having fun, and playing other Wii sports games, please R.S.V.P. to Karen or Kathleen in the office.

We look forward to seeing you!