

Senior Breeze

VOLUME 1, ISSUE 1

JUNE 2016



SUISUN CITY SENIOR CENTER
318 MERGANSER DR
707.421.7203
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KATHLEEN SHRADER, SENIOR CENTER STAFF

Special points of interest:

- *Dinner Dance, June 30th* \$8 in advance, \$10 at the door. Doors open at 5:30 pm.
- *Come support our Partners at their monthly meeting, June 9th at 9:45 am*
- *Pinochle played Monday through Friday, starting at 8 am. Looking for new players.*
- *Jam Session is every Thursday afternoon at 1 pm. People come and play instruments for your pleasure.*

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Programs, Services & Information

- ◆ **Billiards & More:** A free group to come play billiards, air hockey or table tennis, and other board and card games. Thursdays, 1—3 pm. No fee.
- ◆ **Bingo:** 5 cents per card per game, with a 10 card maximum. Mondays, Wednesdays, and Fridays 1—4 pm.
- ◆ **Brain Flexors:** A memory class designed to help seniors improve mental, physical and emotional health. Meets Tuesdays and Thursdays from 10 am—2 pm.
- ◆ **Color It Group:** A group to express your creativity through coloring and other crafts. Tuesdays, 1—3 pm. No fee.
- ◆ **Deborah Hamel Art Studio:** Art class that allows individuals to experiment in art. Bring your own projects for focused arts, Wednesdays, 1—3 pm. No fee.
- ◆ **Legal Resource Hour:** David Knight, Attorney at Law, Certified Senior Advisor (CSA), visits the first Friday of every month, from 10—11 am, for a free 15 minute consultation. No fee.
- ◆ **Line Dancing:** Come stay fit and active by dancing. Dance segments include the cha-cha, rumba, swing, mambo, waltzes and more. Wednesdays, 10 am—noon, \$2 per class.
- ◆ **Needle Works & More:** Knit, crochet or simply work any craft project you wish. Bring your own projects. Meets Mondays, Tuesdays and Fridays at 9 am. \$1 per class.
- ◆ **Tai Chi:** Learn these slow moving sets of exercises that help with balance, flexibility and posture. Classes are Tuesdays and Thursdays at the Joseph Nelson Center at 9 am. \$2 per class.
- ◆ **Video Chair Exercises:** Exercise to an invigorating video. Tuesdays and Thursdays at 8:30 am. \$1 per class.
- ◆ **Wii Gaming:** Come play the Wii! Mondays from 1—3 pm. No fee.

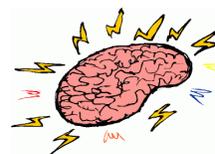
The Brain Flexors

We have hosted the Brain Flexors, formerly the Brain Boosters, here at the senior center since mid summer this previous year. Since they have been here, they have not only brought more participants to our center, but have brought bright, happy smiles. This group caters to

those that are struggling with memory issues and the beginning stages of Alzheimer's and Dementia.

Kristin, Janelle and Barbara are three wonderful women who took on this task, and have done so wonderfully.

For those that wish to acquire more information on the Brain Flexors, or to register for this class, please contact Kristin at 707.287.4353 or Janelle at 707.363.1915.



		1 8 A CARDS 10 A LINE DANCING 10 A CARING SHARING 11:30 A LUNCH 1 P ART CLASS 1 P BINGO 2:30 P BIBLE STUDY	2 8 A CARDS 8:30 A EXERCISE 9 A TAI CHI @ JNC 10 A BRAIN FLEXORS 11:30 A LUNCH 1 P BILLIARDS & MORE 1 P JAM SESSION	3 8 A CARDS 9 A CRAFTS 10 A LEGAL HOUR 11:30 A LUNCH 1 P BINGO 1 P MATTER OF BALANCE
6 8 A CARDS 9 A CRAFTS 11:30 A LUNCH 1 P BINGO 1 P WII GAMING	7 8 A CARDS 8:30 A EXERCISE 9 A CRAFTS 9 A TAI CHI @ JNC 10 A BRAIN FLEXORS 11:30 A LUNCH 1 P COLOR IT GROUP	8 8 A CARDS 10 A LINE DANCING 10 A CARING SHARING 11:30 A LUNCH 1 P ART CLASS 1 P BINGO 2:30 P BIBLE STUDY	9 8 A CARDS 8:30 A EXERCISE 9 A TAI CHI @ JNC 10 A BRAIN FLEXORS 11:30 A LUNCH 1 P BILLIARDS & MORE 1 P JAM SESSION	10 8 A CARDS 9 A CRAFTS 11:30 A LUNCH 1 P BINGO 1 P MATTER OF BALANCE
13 8 A CARDS 9 A CRAFTS 11:30 A LUNCH 1 P BINGO 1 P WII GAMING	14 8 A CARDS 8:30 A EXERCISE 9 A CRAFTS 9 A TAI CHI @ JNC 10 A BRAIN FLEXORS 11:30 A LUNCH 1 P COLOR IT GROUP	15 8 A CARDS 10 A LINE DANCING 10 A CARING SHARING 11:30 A LUNCH 1 P ART CLASS 1 P BINGO 2:30 P BIBLE STUDY	16 8 A CARDS 8:30 A EXERCISE 9 A TAI CHI @ JNC 10 A BRAIN FLEXORS 11:30 A LUNCH 1 P BILLIARDS & MORE 1 P JAM SESSION	17 8 A CARDS 9 A CRAFTS 11:30 A LUNCH 1 P BINGO 1 P MATTER OF BALANCE
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27 8 A CARDS 9 A CRAFTS 11:30 A LUNCH 1 P BINGO 1 P WII GAMING	28 8 A CARDS 9 A CRAFTS 9 A TAI CHI @ JNC 10 A BRAIN FLEXORS 11:30 A LUNCH 1 P COLOR IT GROUP	29 8 A CARDS 10 A LINE DANCING 10 A CARING SHARING 11:30 A LUNCH 1 P ART CLASS 1 P BINGO 2:30 P BIBLE STUDY	30 8 A CARDS 8:30 A EXERCISE 9 A TAI CHI @ JNC 10 A BRAIN FLEXORS 11:30 A LUNCH 1 P BILLIARDS & MORE 1 P JAM SESSION 6 P DINNER DANCE	

Suisun City Senior Partners

The Suisun City Senior Partners are a non-profit, tax exempt 501C group that solely benefits the senior center. All seniors are welcome to attend monthly meetings, and are encouraged to become active within the Partners.

Meetings are held the second Tuesday of each month at 9:45 am. Fresh ideas for new programs and fundraisers are always welcome.

The Partners help the seniors and the staff through programming and mutual support in new

projects and classes at the senior center.

Any and all proceeds that are made from any Partners program or fundraiser goes back to the Partners to help us buy new equipment for the building.

		1 Lentil Soup Chicken Salad on Wheat Roll Citrus Fruit Cup	2 Meatloaf Roasted Potatoes Pea Salad Wheat Roll Brownie	3 Baked Chicken with Dressing and Gravy Garden Vegetables Fresh Fruit
6 Chicken Parmesan Whole Wheat Pasta Mixed Vegetables Wheat Roll Apple Sauce	7 Beef Taco Salad Corn & Black Bean Salad Corn Bread Tropical Fruit Cup	8 <u>Polish Sausage</u> with Sauerkraut on Bun Tater Tots Chuckwagon Corn Fresh Berries	9 Fish Sticks Parsley Potatoes Lemony Broccoli Wheat Roll Fresh Fruit	10 Southwest Chili Spanish Rice Romaine Salad Fruit Cup
13 Whole Wheat Spaghetti With Zesty Meat Sauce Italian Green Beans Garlic Bread Pears	14 Chicken Alfredo Rice Pilaf Romaine Salad Fresh Fruit	15 BBQ Chicken Baked Beans Oven Fries Wheat Roll Fruit Cup	16 Roast Beef/Cheese Sandwich on Wheat Roll Carrot & Raisin Salad Birthday Cake	17 Rosemary Chicken Brown Rice Broccoli Fresh Fruit
20 Baked Fish Rice Pilaf Herbed Green beans Tropical Fruit Cup	21 Minestrone Soup Chef Salad with Tomatoes Wheat Roll Pineapple Tidbits	22 Tamale Pie Spanish Rice Romaine Salad Fresh Fruit	23 Roast Turkey with Gravy Herbed mashed Potatoes Peas & Carrots Wheat Bread Fruit	24 Honey Lemon Chicken Fried Rice Thai Cabbage Salad Mandarin Oranges
27 <u>Italian Sausage</u> Pasta with Tomato Sauce Italian Vegetables Fruited Jello	28 Breaded Fish AuGratin Potatoes Wheat Roll Coleslaw with Pineapple Cookie	29 Sloppy Joe on Wheat Bun Baked Potato Chips Baked Beans Fresh Melon	30 Chicken Chow Mein Chow Mein Noodles Broccoli Fresh Fruit Fortune Cookie	



Your meals from Meals on Wheels Solano County is made possible by the generous support of volunteers, the Older Americans Act, Area Agency on Aging, federal funds, and donations from the community.

Any and all donations are welcome, and helps Meals on Wheels to continue to serve our community. If you are unable to contribute, please con-

sider contributing whatever you can.

No one will be denied a meal if they are unable to pay.

Each meal is provided with low fat milk. The menu is subject to change without notice.

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 sign up in advance with either the site host or with the Meals on Wheels office directly. Please call 707.426.3079 for any further questions or concerns.

Meals on Wheels Lunch Program

**SUISUN CITY SENIOR
CENTER
318 MERGANSER DR**

Phone: 707.421.7203
E-mail: kmickens@suisun.com
kshrader@suisun.com

Monday - Friday
8 am - 4 pm



**“IF YOU FEEL GOOD
WHILE DOING SERVICE,
YOU’RE DOING IT
RIGHT!”**



DOING OUR BEST FOR YOU

The senior center was created to be a safe place for seniors 50 and older to come and enjoy recreational activities. Our main focus is emotional, mental and physical health. We offer many programs to reach different cultures, and try to teach, and learn, where we can and when we can.

If you have any suggestions or ideas for new programs or classes we can bring to you, please let us know. We will try our best to make it happen.

We recommend that if you are a new participant to our center to pick just one activity that stands out to you and to come and try it. You never know, you might make new friends.



Parking Notice

Suisun City Council members approved designating the parking lot at the Suisun City Senior Center for CENTER PARTICIPANTS ONLY.

Residents, visitors and care providers of the adjacent Casa de Suisun Apartments will need to utilize their own spacious parking lot located behind the apartment buildings.

Any vehicle parked in parking stalls located around the ENTIRE Senior Center and not participating inside the Senior Center will be subject to towing once the new signs have

been installed.

Your immediate adherence to our parking lot and the Senior Center would be very appreciated.

