

**AGENDA**  
**REGULAR MEETING OF THE**  
**SUISUN CITY PARKS AND RECREATION COMMISSION**  
**701 CIVIC CENTER BOULEVARD**  
**SUISUN CITY, CALIFORNIA**  
**7:00 P.M., WEDNESDAY, NOVEMBER 2, 2016**

**A. ROLL CALL**

**B. PUBLIC COMMENT**

**C. PRESENTATIONS, ANNOUNCEMENTS, AND APPOINTMENTS**

Karen Mickens: Senior Center Updates and Holiday Events

Kris Lofthus: Smoke Free Parks Update and Christmas Event Update

**D. CONSENT CALENDAR**

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

1. a. Minutes of the October 5, 2016 Parks and Recreation Commission meeting.

**E. GENERAL BUSINESS**

**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 Members

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 OCTOBER 5, 2016**

**A. ROLL CALL**

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

Absent:

Staff: Kris Lofthus, Cathy Rader

Audience:

**B. PUBLIC COMMENT None**

**C. PRESENTATIONS, ANNOUNCEMENTS, AND APPOINTMENTS:**

Director Lofthus presented the Commission with a power point on Smoke Free Parks. Director Lofthus stated that he would like the Commission to have a discussion and a possible motion to bring to City Council. Vice-chair Pierce said that the ordinance should include all city parks since smoke free parks will benefit the community and that a more specific ordinance like Vacaville's Smoke Free Park Ordinance. Commissioner Davenport agreed that that the Harbor Plaza and all city parks should be included for smoke free all the time and not just city events. Commissioner Witten wanted to ensure that no smoking signs would be posted, and Chairman Borja would like e-cigarettes to be included. Director Lofthus said that he will bring back Smoke Free Parks at the next meeting.

**D. CONSENT CALENDAR**

Approval of Minutes:

The minutes of the September 7, 2015 meeting were approved with a 5-0 vote. Motion to approve made by Commissioner Conley and seconded by Commissioner Davenport.

**E. GENERAL BUSINESS**

**F. REPORTS**

1. Staff

- a. City Council Agenda: Director Lofthus informed the commission that there was no City Council meeting and the next one is scheduled on October 18, 2016.
- b. Park Development Fund: Director Lofthus reported that Lawler Ranch Park is completed. Vice-chair Pierce said that the grass area is still fenced off and Director Lofthus said he will communicate this to Director McSorley.
- c. Recreation/Community Center Report: Cathy Rader reviewed the report.
- d. Marina Report: Director Lofthus reviewed the Marina Report and that electrical work is being completed, replacing dock boxes, and purchasing life rings to be Osha compliant.

- e. Senior Center Report: Director Lofthus reviewed the Senior Breeze Newsletter and upcoming Holiday Events.
  - f. City Parks Inspection Reports: Cathy Rader reported that Commissioner Witten had turned in her inspection reports.
  - g. Other: Director Lofthus reported that the Recreation & Community Services Department is planning a Coat Drive and partnering with the Harbor Theater and Walmart. Director Lofthus reviewed park questions from September's meeting with an email from the Public Works Department. Director Lofthus said that he will contact the City of Fairfield regarding the Civic Center Pond upkeep.
2. Commission Members: Vice-chair Pierce would like an update with the Christmas Event and asked about the food truck event. Director Lofthus stated that the last food truck event will be October 22, 2016.
3. Chairman: None

**G. ADJOURNMENT**

There being no further business the meeting was adjourned at 7:50 p.m. Motion to adjourn was made by Commissioner Conley and seconded by Commissioner Witten. The motion was approved on a 5-0 vote.

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Chairman

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Recreation Program &  
Administrative Coordinator



- Jam Session has switched to the first and fourth Thursday of the month. Please see calendar for dates.
- Come support our Partners at their monthly meeting, November 10 at 9:45 am.
- Remember to sign up for Thanksgiving and Christmas! Thanksgiving sign ups start November 1, and Christmas sign ups start November 28.
- Dinner Dance returns January 26, 2017.

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# Senior Breeze

“ENJOYMENT IN AGING GRACEFULLY”

SUISUN CITY SENIOR CENTER  
318 MERGANSER DR  
707.421.7203

KAREN MICKENS, COORDINATOR  
KATHLEEN SHRADER, SENIOR CENTER STAFF

## Programs, Services & Information

- ◆ **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.
- ◆ **Cards:** Pinochle played Monday through Friday, from 8 am-noon. 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.
- ◆ **Open Social Activities:** Where anyone can come and color, play board games, card games, dominoes, pool, table tennis, or air hockey. Tuesday and Thursday afternoons from 1-3 pm. No fee.
- ◆ **Tai Chi:** Learn these slow moving sets of exercises that help with balance, flexibility and posture. Classes are Tuesdays and Thursdays 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.

## Thanksgiving Day Dinner

Returning again this year is our Thanksgiving Day Dinner.

Our Thanksgiving Dinner is held on Thanksgiving Day, November 24, from 11 a.m. to 1 p.m. We will be serving a traditional meal here at the Senior Center consisting of

turkey, gravy, mashed potatoes, green bean bake, rolls, pie, and salad.

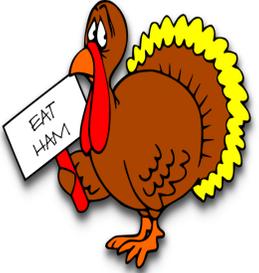
Sign ups for the Thanksgiving Dinner start on November 1. We will also be taking sign ups for the apartments so those that are home bound

may receive a meal delivered to them.

Please see Karen or Kathleen in the office, or call in to secure a plate.



MONTHLY CALENDAR - NOVEMBER 2016

	<p style="text-align: right;">1</p> <p>8 A CARDS 8:30 A EXERCISE 9 A CRAFTS 9 A TAI CHI 10 A BRAIN FLEXORS 11:30 A LUNCH 1 P OPEN SOCIAL ACTIVITIES</p>	<p style="text-align: right;">2</p> <p>8 A CARDS 10 A LINE DANCE 11:30 A LUNCH 1 P ART CLASS 1 P BINGO 2:30 P BIBLE STUDY</p>	<p style="text-align: right;">3</p> <p>8 A CARDS 8:30 A EXERCISE 9 A TAI CHI 10 A BRAIN FLEXORS 11:30 A LUNCH 1 P OPEN SOCIAL ACTIVITIES 1 P JAM SESSION</p>	<p style="text-align: right;">4</p> <p>8 A CARDS 9 A CRAFTS 10 A LEGAL HOUR 11:30 A LUNCH 1 P BINGO 1 P KARAOKE</p>
<p style="text-align: right;">7</p> <p>8 A CARDS 9 A CRAFTS 11:30 A LUNCH 1 P BINGO 1 P WII GAMING</p>	<p style="text-align: right;">8</p> <p>8 A CARDS 8:30 A EXERCISE 9 A CRAFTS 9 A TAI CHI 10 A BRAIN FLEXORS 11:30 A LUNCH 1 P OPEN SOCIAL ACTIVITIES</p>	<p style="text-align: right;">9</p> <p>8 A CARDS 10 A LINE DANCE 11:30 A LUNCH 1 P ART CLASS 1 P BINGO 2:30 P BIBLE STUDY</p>	<p style="text-align: right;">10</p> <p>8 A CARDS 8:30 A EXERCISE 9 A TAI CHI 9:45 A SCSP MEETING 10 A BRAIN FLEXORS 11:30 A LUNCH 1 P OPEN SOCIAL ACTIVITIES</p>	<p style="text-align: right;">11</p> <p>CENTER CLOSED VETERAN'S DAY</p>
<p style="text-align: right;">14</p> <p>8 A CARDS 9 A CRAFTS 11:30 A LUNCH 1 P BINGO 1 P WII GAMING</p>	<p style="text-align: right;">15</p> <p>8 A CARDS 8:30 A EXERCISE 9 A CRAFTS 9 A TAI CHI 10 A BRAIN FLEXORS 11:30 A LUNCH 1 P OPEN SOCIAL ACTIVITIES</p>	<p style="text-align: right;">16</p> <p>8 A CARDS 10 A LINE DANCE 11:30 A LUNCH 1 P ART CLASS 1 P BINGO 2:30 P BIBLE STUDY</p>	<p style="text-align: right;">17</p> <p>8 A CARDS 8:30 A EXERCISE 9 A TAI CHI 9:45 A BOOK CLUB 10 A BRAIN FLEXORS 11:30 A LUNCH 1 P OPEN SOCIAL ACTIVITIES</p>	<p style="text-align: right;">18</p> <p>8 A CARDS 9 A CRAFTS 11:30 A LUNCH 1 P BINGO 1 P LIVING TRUST SEMINAR</p>
<p style="text-align: right;">21</p> <p>8 A CARDS 9 A CRAFTS 11:30 A LUNCH 1 P BINGO 1 P WII GAMING</p>	<p style="text-align: right;">22</p> <p>8 A CARDS 8:30 A EXERCISE 9 A CRAFTS 9 A TAI CHI 10 A BRAIN FLEXORS 11:30 A LUNCH 1 P OPEN SOCIAL ACTIVITIES</p>	<p style="text-align: right;">23</p> <p>8 A CARDS 10 A LINE DANCE 11:30 A LUNCH 1 P ART CLASS 1 P BINGO 2:30 P BIBLE STUDY</p>	<p style="text-align: right;">24</p> <p>THANKSGIVING DAY DINNER  SIGN UPS REQUIRED  11 A—1 P</p>	<p style="text-align: right;">25</p> <p>CENTER CLOSED  HAPPY THANKSGIVING</p>
<p style="text-align: right;">28</p> <p>8 A CARDS 9 A CRAFTS 11:30 A LUNCH 1 P BINGO 1 P WII GAMING</p>	<p style="text-align: right;">29</p> <p>8 A CARDS 8:30 A EXERCISE 9 A CRAFTS 9 A TAI CHI 10 A BRAIN FLEXORS 11:30 A LUNCH 1 A OPEN SOCIAL ACTIVITIES</p>	<p style="text-align: right;">30</p> <p>8 A CARDS 10 A LINE DANCE 11:30 A LUNCH 1 P ART CLASS 1 P BINGO 2:30 P BIBLE STUDY</p>		

**LUNCH MENU - NOVEMBER 2016** \*Subject to change.

	1 Sloppy Joe on Bun Oven Roasted Sweet Potatoes Whole Kernel Corn Tropical Fruit Milk	2 Breakfast Casserole Stewed Tomatoes Wheat Bread Hot Cinnamon Applesauce Milk Jelly	3 Potato Crusted Pollock Cheesy Rice Seasoned Green Beans Fruit Cocktail Milk	4 Meatballs with Spaghetti Sauce Spaghetti Cali Veggie Blend Peach Crisp Milk
7 Sweet and Sour Meatballs Brown Rice Japanese Veggie Blend Pineapple Tidbits Milk	8 Sliced Turkey Breast With Gravy Mashed Spiced Yams Brussel Sprouts Multi-Grain Bread Tropical Fruit Milk	9 Lemon Pepper Fish Lemon Orzo Club Spinach Citrus Fruit Milk	10 Honey Balsamic Chicken O'Brien Potatoes Glazed Carrots Multi-Grain Bread Fluffy Fruit Salad Milk	11 CENTER CLOSED  VERTERAN'S DAY
14 Chicken Pot Pie Lima Beans Whole Kernel Corn Biscuit Mandarin Oranges Milk	15 Creole Steak Lyonnaisse Potatoes Capri Veggie Blend Multi-Grain Bread Seasonal Fruit Milk	16 Stuffed Salmon Dill Sauce Rice Florentine Yellow Squash Tropical Fruit Milk	17 Roast Beef w Gravy Whipped Potatoes Mixed Veggies Dinner Roll Mixed Fruit Milk	18 Chicken and Sausage Jambalaya Seasoned Green Beans Harvard Beets Dinner Roll Sliced Pears Milk
21 Chicken Cacciatore Bowtie Pasta Tuscany Veggie Blend Wheat Roll Milk Hot Cinnamon	22 BBQ Pork Rib Patty Baked Beans Coleslaw Whole Wheat Bun Peach Crisp	23 Sliced Turkey Breast With Gravy Sweet Potato Casserole Green Beans Multi Grain Bread	24 CENTER CLOSED  HAPPY THANKSGIVING DAY	25 CENTER CLOSED
28 Meatloaf w Gravy Whipped Potatoes Glazed Baby Carrots Dinner Roll Seasonal Fruit Milk	29 Bruschetta Chicken Garlic and Red Pepper Penne Club Spinach Milk Garlic Breadstick Hot Cinnamon Applesauce	30 Beef Patty Lettuce and Tomato Tater Tots Ranch Beans Whole Wheat Bun Tropical Fruit Milk	 <p>Happy Thanksgiving</p>	

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 consider 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.



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!”



Did you know? 91% of Americans eat turkey on Thanksgiving; Benjamin Franklin wanted the national bird to be a turkey; The First Thanksgiving lasted three days; Fossil evidence shows that turkeys roamed the Americas 10 million years ago.

## 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.

## SUISUN CITY SENIOR PARTNERS

The Suisun City Senior Partners is a non-profit, tax exempt 501 ( c ) 3 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 Thursday of each month at 9:45 am. Fresh ideas for new programs and fundraisers are always welcome.

The Partners help the seniors and 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.

## 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 ticketing once the new signs have been installed.

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



## Karen’s Christmas Party

Returning this year is Karen’s Christmas Party!

We will be holding the Christmas Party on December 16 from 10 a.m. to 2 p.m. at the Joseph Nelson Community Center, located at 611 Village Dr, Suisun.

There will be a live DJ, playing a wide variety of music. Each participant in the party will get a single raffle ticket, in which they will have an opportunity to win a raffle prize.

If you would like to donate to the holiday programs to make

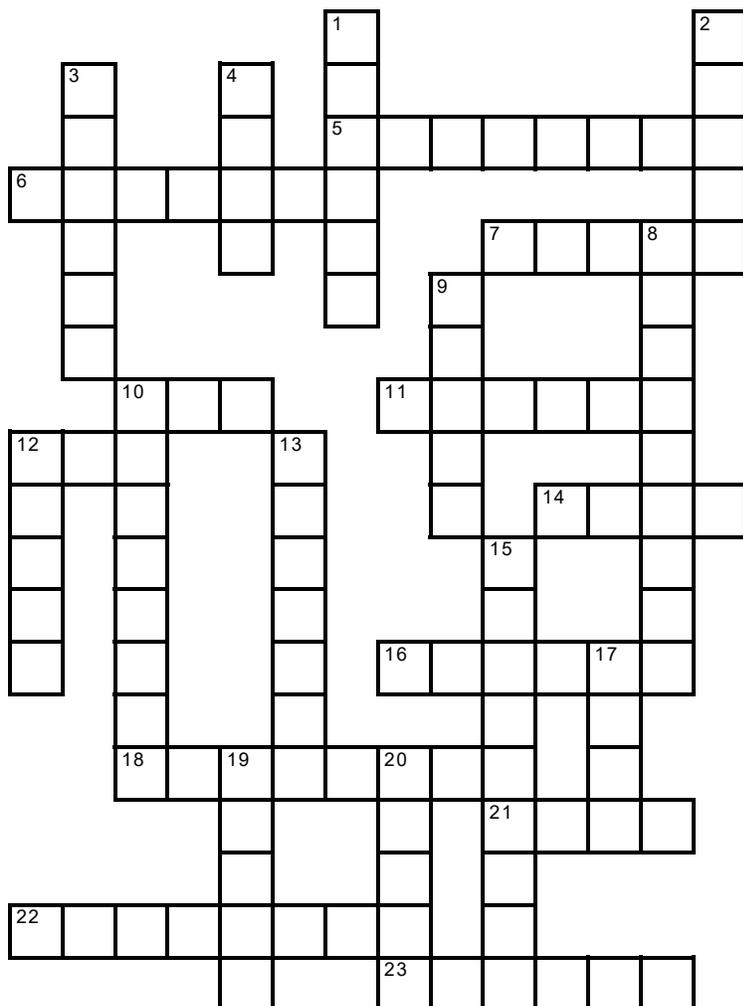
this party wonderful for you and your fellow seniors, please see Karen or Kathleen in the office. We welcome any donations such as cash monies or raffle prizes.



**TRIVIA TIME!** Please see office for answers.



# Thanksgiving Crossword



**Across**

- 5** The month of Thanksgiving.
- 6** A large orange vegetable.
- 7** Have a \_\_\_\_\_ of pumpkin pie for desert.
- 10** \_\_\_\_\_ the table before dinner.
- 11** A festival with bands, people wearing costumes, and floats marching down the street.
- 12** Families \_\_\_\_\_ together on Thanksgiving.
- 14** A yellow vegetable that was grown by Native Americans.
- 16** A long journey over the ocean.
- 18** Another way to say for thankful.
- 21** A place where things are baked.
- 22** The people on board the Mayflower.
- 23** A large bird eaten on Thanksgiving.

**Down**

- 1** The evening meal.
- 2** Use a knife to \_\_\_\_\_ a turkey.
- 3** An odd shaped vegetable that resembles a pumpkin.
- 4** \_\_\_\_\_ a pie in the oven.
- 8** Americans \_\_\_\_\_ Thanksgiving in the Autumn.
- 9** \_\_\_\_\_ a turkey in the oven.
- 10** Something cooked inside the turkey and served at dinner.
- 12** A sauce that is poured over the turkey.
- 13** Gather the crops.
- 15** The ship that pilgrims came to America on.
- 17** \_\_\_\_\_ thanks for the food we eat.
- 19** The nut of an oak tree.
- 20** A large dinner celebration.

