

January 2026

January Suisun City Senior Programs January

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Coordinator Message

Welcome to January and the first month of 2026! Start the year by joining us for a variety of programs and events. Highlights this month include New Year's Celebration, Online Shopping Workshop, meal meetup at Bab's Delta Diner, and two trips to Graton Casino. For more information on January and February, please read pages 1-3.

Sincerely, Justeen Singley

Special Programs

A Matter of Balance starts on Monday, 1/5, and meets on Mondays and Thursdays from 10am-12pm. This program is designed to reduce falls and increase activity levels. Pre-registration is required. This free program is led by Joseph Braida and sponsored by Faith in Action of Solano County.

Online Shopping Workshop is on Wednesday, 1/14, from 9:30am-11:30am. Bring any device and learn about advantages and disadvantages of online shopping, online shopping safely, avoiding scams, and more. This workshop is conducted by Digital Lift and is free to attend. Pre-registration is required to Justeen at (707)718-0311 or Casandra (925)289-8194.

Special Events

New Year's Celebration is on Thursday, 1/8, from 5pm-8pm. Celebrate the new year with food, karaoke, dancing, and great company. Admission is free. Reservations are required by 1/5.

Meal Meetup at Bab's Delta Diner is on Wednesday, 1/14, from 9-11am. Meet at Bab's Delta Diner (770 Kellogg St, Suisun City, CA 94585) to enjoy great food and company. Sign-up in advance to Justeen at (707)718-0311 and bring payment for food.

Day Trips

Graton Casino Trip 1 on Wednesday, 1/21, and **Trip 2** on Wednesday, 1/28, are FULL. If you would like to add to the wait list, please call 707-421-7200 or visit the front desk. If you are on a trip, please meet at Joseph Nelson Community Center at 8:30am and transportation will be provided by staff. We will leave at 9am, enjoy a day of gaming and food, and return around 4pm.

Important

- We are closed on 1/1 for New Year's Day.
- We are closed on 1/19 for Martin Luther King Jr Day.
- All participants must have a signed Release of Liability and Emergency Contact Form on file.

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Daily Schedule

Lounge is open on weekdays from 9am-3pm. Stop by for free coffee, tea, or hot cocoa and enjoy reading or watching TV.

Lunch (Ages 60+) is served on weekdays at 11:30am. Innovative Health Solutions presents the congregate meals program - **Lunch Buddies Bistro**. Come to lunch to enjoy nutritious meals, make friends, and have fun. Program highlights include lunches that are reimagined with YOU in mind, engaging conversations, and social opportunities. Reservations are required. **Call (707)684-4376** to make a reservation. Voluntary contributions are accepted but not required. **No lunch 1/1, 1/2, and 1/19.**

Weekly Programs

Bingo is on Mondays & Wednesdays from 12:30pm-2:30pm. There is no buy-in and prizes are awarded. **No Bingo on 1/19.**

Bingocize continues on 1/6 and meets on Tuesdays & Thursdays from 10:30am-11:30am. Bingocize is led by Janene Biggs and combines the game of bingo with fall prevention exercises. This free program is sponsored by Innovative Health Solutions.

Coloring Crew is on Wednesdays from 9:30am-10:30am. Chat and color with friends. This is a great way to relax, socialize, and be creative. Supplies will be provided. **No Coloring Crew on 1/14.**

Soul Line Dancing is on Fridays from 10:30am-12pm. Coretta Grayson will guide participants through line dancing to R&B music. This class is

a great way to exercise and make friends at the same time. All skill levels are welcome and you do not need a partner. \$5 per class. **No Soul Line Dancing on 1/23.**

Table Tennis is on Tuesdays & Thursdays from 12pm-4pm. This program is a safe zone for all table tennis enthusiasts that promotes the sport by establishing and maintaining a friendly, cooperative, fun environment for all skill levels. **No Table Tennis 1/8, 1/13, & 1/22.**
Meets on 1/15 from 1pm-4pm.

Tai Chi is on Tuesdays from 9:30am-10:30am. The class will start with warm ups, followed by Qi Gong and Yang Style Tai Chi. These exercises help with balance, flexibility, circulation, digestion and overall physical and mental health. Free!

Next Month

- **A Matter of Balance** ends on Monday, 2/2.
- **Valentine's Brunch** is on Thursday 2/12, from 9:30am-12pm. Join us to celebrate Valentine's Day with brunch and games with friends and loved ones. Admission is free. Reservations are required by 2/9.
- **Tablet Training** is on 2/17, 2/19, 2/24, and 2/26 from 1pm-3pm. Participants will receive a free tablet and learn how to use it during 4 sessions. Pre-registration is required and participants must **sign up by calling Independent Living Resources at (707)435-8174**. Classes are conducted by Digital Lift.
- **Charles Schulz Museum Trip 1** on Thursday, 2/19 and **Trip 2** on Thursday, 2/26 are FULL. If you would like to add to the wait list, please call 707-421-7200 or visit the front desk. If you are on a trip, please meet at Joseph Nelson Community Center at 9:30am & transportation will be provided by staff.

January 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ALL ACTIVITIES, DATES, AND TIMES ARE SUBJECT TO CHANGE.			1 Community Center Closed for New Year's	2 10:30-12pm: Soul Line Dancing (\$5) 11:30am-12:30pm: Lunch
5 10-11:30am: Line Dancing (\$6) 10am-12pm: Matter of Balance 11:30am-12:30pm: Lunch 12:30-2:30pm: Bingo	6 9:30-10:30am: Tai Chi 10:30-11:30am: Bingocize 10-11:30am: Line Dancing (\$6) 11:30am-12:30pm: Lunch 12-4pm: Table Tennis	7 9:30-10:30am: Coloring Crew 10-11:30am: Line Dancing (\$6) 11:30am-12:30pm: Lunch 12:30-2:30pm: Bingo	8 10am-12pm: Matter of Balance 10:30-11:30am: Bingocize 11:30am-12:30pm: Lunch New Year's Celebration 5pm-8pm	9 10:30-12pm: Soul Line Dancing (\$5) 11:30am-12:30pm: Lunch
12 10-11:30am: Line Dancing (\$6) 10am-12pm: Matter of Balance 11:30am-12:30pm: Lunch 12:30-2:30pm: Bingo	13 9:30-10:30am: Tai Chi 10-11:30am: Line Dancing (\$6) 10:30-11:30am: Bingocize 11:30am-12:30pm: Lunch	14 Meal Meetup at Bab's Delta Diner 9am-11am 9:30-11:30am: Online Shopping Workshop 10-11:30am: Line Dancing (\$6) 11:30am-12:30pm: Lunch 12:30-2:30pm: Bingo	15 10am-12pm: Matter of Balance 10:30-11:30am: Bingocize 11:30am-12:30pm: Lunch 1-4pm: Table Tennis	16 10:30-12pm: Soul Line Dancing (\$5) 11:30am-12:30pm: Lunch
19 Community Center Closed for Martin Luther King Jr Day	20 9:30-10:30am: Tai Chi 10-11:30am: Line Dancing (\$6) 12-4pm: Table Tennis	21 Graton Casino Trip 1 (\$10) 9am-4pm 9:30-10:30am: Coloring Crew 10-11:30am: Line Dancing (\$6) 11:30am-12:30pm: Lunch 12:30-2:30pm: Bingo	22 10am-12pm: Matter of Balance 10:30-11:30am: Bingocize 11:30am-12:30pm: Lunch	23 11:30am-12:30pm: Lunch
26 10am-12pm: Matter of Balance 10-11:30am: Line Dancing (\$6) 11:30am-12:30pm: Lunch 12:30-2:30pm: Bingo	27 9:30-10:30am: Tai Chi 10-11:30am: Line Dancing (\$6) 12-4pm: Table Tennis	28 Graton Casino Trip 2 (\$10) 9am-4pm 9:30-10:30am: Coloring Crew 10-11:30am: Line Dancing (\$6) 11:30am-12:30pm: Lunch 12:30-2:30pm: Bingo	29 10am-12pm: Matter of Balance 10:30-11:30am: Bingocize 11:30am-12:30pm: Lunch 12-4pm: Table Tennis	30 10:30-12pm: Soul Line Dancing (\$5) 11:30am-12:30pm: Lunch

