



February 2026

Suisun City Senior Programs



611 Village Drive, Suisun City, CA 94585 • jsingley@suisun.com • (707)421-7200 Main Office • (707)718-0311 Mobile

Coordinator Message

Welcome to February! Join us every weekday for lunch and fun activities like bingo, tai chi, and more. Highlights this month include Valentine's Brunch, Tablet Training, and two trips to Charles Schulz Museum. For more information on February and March, please read pages 1-3.

Sincerely,

Justeen Singley

Special Programs

A Matter of Balance ends on Monday, 2/2. This free program is led by Joseph Braida and sponsored by Faith in Action of Solano County. We hope to host another session this year.

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.

Senior Grocery Program is on Wednesday, 2/25, from 10-11am at Joseph Nelson Community Center. Food is Free Bay Area distributes free groceries on the 4th Wednesdays.

Special Events

Valentine's Brunch is on Thursday 2/12, from 9:30am-12pm. Join us to celebrate Valentine's Day with brunch, games, and quality time with friends and loved ones. Admission is free. Reservations are required by 2/9.

Day Trips

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 9:45am, we will leave at 10am, and return around 3:30pm. At the museum, we will explore exhibits and learn all about Charles M. Schulz, who created the Peanuts comic strip.

Important

- We are closed on Monday, 2/16, for President's Day.
- All participants must have a signed Release of Liability and Emergency Contact Form on file.
- Tax Appointments will be here on Mondays and Tuesdays from 2/9-4/14. To schedule an appointment, please **call AARP Tax Aide at (707)435-3581**.



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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 2/12 and 2/16.**

Weekly Programs

Bingo is on Mondays & Wednesdays from 12:30pm-2:30pm. There is no buy-in and prizes are awarded. **No Bingo on 2/16.**

Bingocize is 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.

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 2/13.**

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 2/5 and 2/12.**

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

- **Meal Meetup at Black Bear Diner** is on Wednesday, 3/4, from 5pm-7pm. Meet at Black Bear Diner (111 Sunset Ave, Suisun City, CA 94585) to enjoy great food, friends, and trivia too. Sign up in advance to Juseen at (707)718-0311 and bring payment for food.
- **Lagunitas Brewing Co Trip 1** on Friday, 3/13, and **Trip 2** on Thursday, 3/19, are FULL. If you would like to add to the waitlist, please call 707-421-7200 or visit the front desk. If you are on a trip, please meet at Joseph Nelson Community Center at 11:45am, we will leave at 12pm, and return around 4:30pm. Just a reminder that the trip involves a brewery tour and closed toed shoes are REQUIRED.
- **Salsa Night** is on Monday, 3/23, from 5pm-8pm. Learn to salsa dance in a friendly environment. Snacks and drinks will be provided. Admission is free. Reservations are required by 3/20.
- **Senior Grocery Program** is on Wednesday, 3/25, from 10-11am at Joseph Nelson Community Center. Food is Free Bay Area distributes free groceries on the 4th Wednesdays.
- **Technology Workshop** conducted by Digital Lift will be scheduled in March. The topic and date will be announced soon.

February 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 10-11:30am: Line Dancing (\$6) 10am-12pm: Matter of Balance 11:30am-12:30pm: Lunch 12:30-2:30pm: Bingo	3 9:30-10:30am: Tai Chi 10-11:30am: Line Dancing (\$6) 10:30-11:30am: Bingocize 11:30am-12:30pm: Lunch 12-4pm: Table Tennis	4 10-11:30am: Line Dancing (\$6) 11:30am-12:30pm: Lunch 12:30-2:30pm: Bingo	5 10:30-11:30am: Bingocize 11:30am-12:30pm: Lunch	6 10:30-12pm: Soul Line Dancing (\$5) 11:30am-12:30pm: Lunch
9 10-11:30am: Line Dancing (\$6) 11:30am-12:30pm: Lunch 12:30-2:30pm: Bingo	10 9:30-10:30am: Tai Chi 10-11:30am: Line Dancing (\$6) 10:30-11:30am: Bingocize 11:30am-12:30pm: Lunch 12-4pm: Table Tennis	11 10-11:30am: Line Dancing (\$6) 11:30am-12:30pm: Lunch 12:30-2:30pm: Bingo	12 10:30-11:30am: Bingocize Valentine's Brunch 9:30am-12pm	13 11:30am-12:30pm: Lunch
16 Community Center Closed for President's Day	17 9:30-10:30am: Tai Chi 10-11:30am: Line Dancing (\$6) 10:30-11:30am: Bingocize 11:30am-12:30pm: Lunch 12-4pm: Table Tennis 1-3pm: Tablet Training	18 10-11:30am: Line Dancing (\$6) 11:30am-12:30pm: Lunch 12:30-2:30pm: Bingo	19 10:30-11:30am: Bingocize 11:30am-12:30pm: Lunch 12-4pm: Table Tennis 1-3pm: Tablet Training Charles Schulz Museum Trip 1 (\$15) 10am-3:30pm	20 10:30-12pm: Soul Line Dancing (\$5) 11:30am-12:30pm: Lunch
23 10-11:30am: Line Dancing (\$6) 11:30am-12:30pm: Lunch 12:30-2:30pm: Bingo	24 9:30-10:30am: Tai Chi 10-11:30am: Line Dancing (\$6) 10:30-11:30am: Bingocize 12-4pm: Table Tennis 1-3pm: Tablet Training	25 10-11am: Senior Grocery Program 10-11:30am: Line Dancing (\$6) 11:30am-12:30pm: Lunch 12:30-2:30pm: Bingo	26 10:30-11:30am: Bingocize 11:30am-12:30pm: Lunch 12-4pm: Table Tennis 1-3pm: Tablet Training Charles Schulz Museum Trip 2 (\$15) 10am-3:30pm	27 10:30-12pm: Soul Line Dancing (\$5) 11:30am-12:30pm: Lunch

ALL ACTIVITIES, DATES, AND TIMES ARE SUBJECT TO CHANGE. (Updated 2/2/2026)