



February 2026

# Suisun City Senior Programs



611 Village Drive, Suisun City, CA 94585 • [jsingley@suisun.com](mailto: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 4<sup>th</sup> 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 Justeen 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 4<sup>th</sup> 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
<b>2</b> <b>10-11:30am:</b> Line Dancing (\$6) <b>10am-12pm:</b> Matter of Balance <b>11:30am-12:30pm:</b> Lunch <b>12:30-2:30pm:</b> Bingo	<b>3</b> <b>9:30-10:30am:</b> Tai Chi <b>10-11:30am:</b> Line Dancing (\$6) <b>10:30-11:30am:</b> Bingocize <b>11:30am-12:30pm:</b> Lunch <b>12-4pm:</b> Table Tennis	<b>4</b> <b>10-11:30am:</b> Line Dancing (\$6) <b>11:30am-12:30pm:</b> Lunch <b>12:30-2:30pm:</b> Bingo	<b>5</b> <b>10:30-11:30am:</b> Bingocize <b>11:30am-12:30pm:</b> Lunch	<b>6</b> <b>10:30-12pm:</b> Soul Line Dancing (\$5) <b>11:30am-12:30pm:</b> Lunch
<b>9</b> <b>10-11:30am:</b> Line Dancing (\$6) <b>11:30am-12:30pm:</b> Lunch <b>12:30-2:30pm:</b> Bingo	<b>10</b> <b>9:30-10:30am:</b> Tai Chi <b>10-11:30am:</b> Line Dancing (\$6) <b>10:30-11:30am:</b> Bingocize <b>11:30am-12:30pm:</b> Lunch <b>12-4pm:</b> Table Tennis	<b>11</b> <b>10-11:30am:</b> Line Dancing (\$6) <b>11:30am-12:30pm:</b> Lunch <b>12:30-2:30pm:</b> Bingo	<b>12</b> <b>10:30-11:30am:</b> Bingocize  <b>Valentine's Brunch</b> <b>9:30am-12pm</b>	<b>13</b> <b>11:30am-12:30pm:</b> Lunch
<b>16</b> <b>Community Center</b> <b>Closed for</b> <b>President's Day</b>	<b>17</b> <b>9:30-10:30am:</b> Tai Chi <b>10-11:30am:</b> Line Dancing (\$6) <b>10:30-11:30am:</b> Bingocize <b>11:30am-12:30pm:</b> Lunch <b>12-4pm:</b> Table Tennis <b>1-3pm:</b> Tablet Training	<b>18</b> <b>10-11:30am:</b> Line Dancing (\$6) <b>11:30am-12:30pm:</b> Lunch <b>12:30-2:30pm:</b> Bingo	<b>19</b> <b>10:30-11:30am:</b> Bingocize <b>11:30am-12:30pm:</b> Lunch <b>12-4pm:</b> Table Tennis <b>1-3pm:</b> Tablet Training  <b>Charles Schulz Museum Trip 1</b> <b>(\$15) 10am-3:30pm</b>	<b>20</b> <b>10:30-12pm:</b> Soul Line Dancing (\$5) <b>11:30am-12:30pm:</b> Lunch
<b>23</b> <b>10-11:30am:</b> Line Dancing (\$6) <b>11:30am-12:30pm:</b> Lunch <b>12:30-2:30pm:</b> Bingo	<b>24</b> <b>9:30-10:30am:</b> Tai Chi <b>10-11:30am:</b> Line Dancing (\$6) <b>10:30-11:30am:</b> Bingocize <b>12-4pm:</b> Table Tennis <b>1-3pm:</b> Tablet Training	<b>25</b> <b>10-11am:</b> Senior Grocery Program <b>10-11:30am:</b> Line Dancing (\$6) <b>11:30am-12:30pm:</b> Lunch <b>12:30-2:30pm:</b> Bingo	<b>26</b> <b>10:30-11:30am:</b> Bingocize <b>11:30am-12:30pm:</b> Lunch <b>12-4pm:</b> Table Tennis <b>1-3pm:</b> Tablet Training  <b>Charles Schulz Museum Trip 2</b> <b>(\$15) 10am-3:30pm</b>	<b>27</b> <b>10:30-12pm:</b> Soul Line Dancing (\$5) <b>11:30am-12:30pm:</b> Lunch

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