

March 2026



# Suisun City Senior Programs



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## Coordinator Message

Welcome to March! Join us every weekday for lunch and a variety of fun activities. Highlights this month include Tablet Training, Meal Meetup at Black Bear Diner, two trips to Lagunitas Brewing Co, and Salsa Night. For more information on March and April, please read pages 1-3.

Sincerely,

Justeen Singley

## Special Programs

**Tablet Training Group 11** is on 3/18, 3/19, 3/25, & 3/26 from 1-3pm. 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, 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.

## Special Events

**Meal Meetup at Black Bear Diner** is on Wednesday, 3/4, from 5-7pm. 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 remember to bring payment for food.

**Salsa Night** is on Monday, 3/23, from 5-8pm. Get dressed up, learn to salsa dance, and enjoy snacks and drinks. Melody Mendez will guide participants through salsa dancing in a fun environment. **Dance shoes and semi-formal attire are required.** Admission is free. Reservations are required by 3/20.

## Day Trips

**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 11:30am and we will return around 4:30pm. Just a reminder that the trip involves a brewery tour and **closed toed shoes are required.**

## Important

- 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 (no appointments 3/2-3/13). To schedule an appointment, please **call AARP Tax Aide at (707)435-3581**.
- The Banquet Room floors will be repaired from 3/2-3/13, so programs may be canceled or moved to a different room during these weeks. We appreciate your understanding.

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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.

## Weekly Programs

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

**Bingocize** is on Tuesdays & Thursdays from 10:30-11:30am. 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.

**Table Tennis** is on Tuesdays & Thursdays from 12-4pm. 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 3/3-3/12, & 3/26.**

**Tai Chi** is on Tuesdays from 9:30-10:30am. 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! **No Tai Chi on 3/10.**

## Next Month

- **UC Davis Arboretum & Public Garden Trip 1** on Friday, 4/10, and **Trip 2** on Friday, 4/17, are FULL. But **Trip 3** on Friday, 4/24 is OPEN. Sign up soon to secure your spot. If you are on a trip, please meet at Joseph Nelson Community Center at 8:45am, we will leave at 9am, and return around 12:30pm. Just a reminder that the trip involves about 1.5 miles of walking and comfortable shoes are recommended.
- **Tablet Training Group 12** is on 4/20, 4/22, 4/27, & 4/29 from 9:30-11:30am. 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.
- **Spring Dinner Dance** is on Thursday, 4/30, from 5-8pm. Join us for a fun evening featuring dinner, music, and dancing. Admission is free. Reservations are required by 4/27. We encourage you to wear your favorite floral attire.
- **Senior Grocery Program** is on Wednesday, 4/22, from 10-11am at Joseph Nelson Community Center. Food is Free Bay Area distributes free groceries on the 4<sup>th</sup> Wednesdays.

# March 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>2</b></p> <p>10-11:30am: Line Dancing (\$6) 11:30am-12:30pm: Lunch 12:30-2:30pm: Bingo</p> <p>BQ Rm Floor Repair: Programs might be in a different room</p>	<p><b>3</b></p> <p>9:30-10:30am: Tai Chi 10-11:30am: Line Dancing (\$6) 10:30-11:30am: Bingocize 11:30am-12:30pm: Lunch</p>	<p><b>4</b></p> <p>10-11:30am: Line Dancing (\$6) 11:30am-12:30pm: Lunch 12:30-2:30pm: Bingo</p> <p>Meetup @ Black Bear 5pm-7pm</p>	<p><b>5</b></p> <p>10:30-11:30am: Bingocize 11:30am-12:30pm: Lunch</p>	<p><b>6</b></p> <p>10:30-12pm: Soul Line Dancing (\$5) 11:30am-12:30pm: Lunch</p>
<p><b>9</b></p> <p>10-11:30am: Line Dancing (\$6) 11:30am-12:30pm: Lunch 12:30-2:30pm: Bingo</p> <p>BQ Rm Floor Repair: Programs might be in a different room</p>	<p><b>10</b></p> <p>10-11:30am: Line Dancing (\$6) 10:30-11:30am: Bingocize 11:30am-12:30pm: Lunch</p>	<p><b>11</b></p> <p>10-11:30am: Line Dancing (\$6) 11:30am-12:30pm: Lunch 12:30-2:30pm: Bingo</p>	<p><b>12</b></p> <p>10:30-11:30am: Bingocize 11:30am-12:30pm: Lunch</p>	<p><b>13</b></p> <p>10:30-12pm: Soul Line Dancing (\$5) 11:30am-12:30pm: Lunch Lagunitas Brewing Co Trip 1 (\$20) 12pm-4:30pm</p>
<p><b>16</b></p> <p>10-11:30am: Line Dancing (\$6) 11:30am-12:30pm: Lunch 12:30-2:30pm: Bingo</p>	<p><b>17</b></p> <p>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</p>	<p><b>18</b></p> <p>10-11:30am: Line Dancing (\$6) 11:30am-12:30pm: Lunch 12:30-2:30pm: Bingo 1-3pm: Tablet Training Group 11</p>	<p><b>19</b></p> <p>10:30-11:30am: Bingocize 11:30am-12:30pm: Lunch 12-4pm: Table Tennis 1-3pm: Tablet Training Group 11 Lagunitas Brewing Co Trip 2 (\$20) 12pm-4:30pm</p>	<p><b>20</b></p> <p>10:30-12pm: Soul Line Dancing (\$5) 11:30am-12:30pm: Lunch</p>
<p><b>23</b></p> <p>10-11:30am: Line Dancing (\$6) 11:30am-12:30pm: Lunch 12:30-2:30pm: Bingo</p> <p>Salsa Night 5pm-8pm</p>	<p><b>24</b></p> <p>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</p>	<p><b>25</b></p> <p>10-11am: Senior Grocery Program 10-11:30am: Line Dancing (\$6) 11:30am-12:30pm: Lunch 12:30-2:30pm: Bingo 1-3pm: Tablet Training Group 11</p>	<p><b>26</b></p> <p>10:30-11:30am: Bingocize 11:30am-12:30pm: Lunch 1-3pm: Tablet Training Group 11</p>	<p><b>27</b></p> <p>10:30-12pm: Soul Line Dancing (\$5) 11:30am-12:30pm: Lunch</p>
<p><b>30</b></p> <p>10-11:30am: Line Dancing (\$6) 11:30am-12:30pm: Lunch 12:30-2:30pm: Bingo</p>	<p><b>31</b></p> <p>9:30-10:30am: Tai Chi 10-11:30am: Line Dancing (\$6) 10:30-11:30am: Bingocize 11:30am-12:30pm: Lunch</p>			<p><b>ALL ACTIVITIES, DATES, AND TIMES ARE SUBJECT TO CHANGE.</b> (Updated 3/5/26)</p>

