



May 2026



# Suisun City Senior Programs

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## Coordinator Message

Welcome to May! Join us every weekday for lunch and a variety of activities. Highlights this month include Mother's Day Luncheon, three trips to Caymus-Suisun Winery, Tablet Training, and Meal Meetup at Maple Bar Café. For more information on May and June, please read pages 1-3.

Also, starting on June 1, I along with all Suisun City employees will no longer be in the Preschool Office to make space for a new day care. All Suisun City employees will be moving across the hall to the other offices. If you need anything, please visit the front desk and let them know you would like to speak with me. I appreciate your understanding during this transition.

Sincerely,

Justeen Singley

## Special Programs

**Tablet Training Group 13** is on 5/20, 5/21, 5/27, & 5/28 from 9:30-11:30am. Seniors can receive a free tablet by attending 4 trainings led by DigitalLIFT. Seniors must **call Independent Living Resources at (707) 435-8174 to apply** for tablet approval. Once approved, a DigitalLIFT representative will call you to schedule your trainings.

**Senior Grocery Program** is on Wednesday, 5/27, 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

**Mother's Day Luncheon** is on Friday, 5/8, from 12-2pm. Celebrate Mother's Day with food, friends, and fun. Admission is free. Reservations are required by 5/6.

**Meal Meetup at Maple Bar Café** is on Tuesday, 5/26, at 9am. Meet at Maple Bar Café (314 Main St, Suisun City) to enjoy great food & time with friends. Sign up in advance and remember to bring payment.

## Day Trips

**Caymus-Suisun Winery Trips** on 5/13, 5/21, & 5/28 are FULL. To add to the waitlist, please call 707-421-7200 or visit the front desk. If you are on a trip, please meet here at 12:45pm, we will leave at 1pm, enjoy wine tasting and relaxing at the winery, and return around 4pm. The registration cost is \$5, but remember to **bring at least \$30 if you want to wine taste or purchase wine.**

## Important

- We are closed on Monday, 5/29, for Memorial 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 on 5/25.**

## Weekly Programs

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

**Bingocize** continues on 5/12 and meets 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. **No Soul Line Dancing on 5/1.**

**Table Tennis** is *only on Tuesdays in May* 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 on Thursday 5/7, 5/14, 5/21, & 5/28** due to rentals. In June, table tennis will continue to meet on Tuesdays and Thursdays.

**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!

## Next Month

- **Salsa Night** is on Monday, 6/1, from 5pm-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 5/29.
- **San Francisco Ferry Building Trip** is on Thursday, 6/11, from 8am-4pm. The cost is \$15 and pre-registration is required. If you have a Clipper Card, you are welcome to use it and the cost is \$5. We will take the City van to & from Vallejo Ferry Terminal and we will take the ferry to & from San Francisco Ferry Building. **\*sign-up opens 5/18 for residents and 5/25 for non-residents\***
- **Sacramento River Cats Trip** is on Wednesday, 6/24, from 9:30am-5pm. The cost is \$50 and pre-registration is required. Join us for a day of baseball, food, and fun at the Sacramento River Cats Game. **\*sign-up opens 5/18 for residents and 5/25 for non-residents\***
- **Senior Grocery Program** is on Wednesday, 6/24, from 10-11am. Food is Free Bay Area distributes groceries on the 4<sup>th</sup> Wednesdays.

# May 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1</b> 11:30am-12:30pm: Lunch
<b>4</b> 10-11:30am: Line Dancing (\$6) 11:30am-12:30pm: Lunch 12:30-2:30pm: Bingo	<b>5</b> 10-11:30am: Line Dancing (\$6) 11:30am-12:30pm: Lunch 12-4pm: Table Tennis	<b>6</b> 10-11:30am: Line Dancing (\$6) 11:30am-12:30pm: Lunch 12:30-2:30pm: Bingo	<b>7</b> 11:30am-12:30pm: Lunch	<b>8</b> 10:30-12pm: Soul Line Dancing (\$5) 11:30am-12:30pm: Lunch  Mother's Day Luncheon 12pm-2pm
<b>11</b> 10-11:30am: Line Dancing (\$6) 11:30am-12:30pm: Lunch 12:30-2:30pm: Bingo	<b>12</b> 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	<b>13</b> 10-11:30am: Line Dancing (\$6) 11:30am-12:30pm: Lunch 12:30-2:30pm: Bingo  Caymus-Suisun Winery Trip (\$5) 1pm-4pm	<b>14</b> 10:30-11:30am: Bingocize 11:30am-12:30pm: Lunch	<b>15</b> 10:30-12pm: Soul Line Dancing (\$5) 11:30am-12:30pm: Lunch
<b>18</b> 10-11:30am: Line Dancing (\$6) 11:30am-12:30pm: Lunch 12:30-2:30pm: Bingo	<b>19</b> 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	<b>20</b> 9:30-11:30am: Tablet Group 13 10-11:30am: Line Dancing (\$6) 11:30am-12:30pm: Lunch 12:30-2:30pm: Bingo	<b>21</b> 9:30-11:30am: Tablet Group 13 10:30-11:30am: Bingocize 11:30am-12:30pm: Lunch  Caymus-Suisun Winery Trip (\$5) 1pm-4pm	<b>22</b> 10:30-12pm: Soul Line Dancing (\$5) 11:30am-12:30pm: Lunch
<b>25</b> <b>COMMUNITY CENTER</b>  <b>CLOSED FOR</b>  <b>MEMORIAL DAY</b>	<b>26</b> Meal Meetup at Maple Bar Café @ 9am 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	<b>27</b> 9:30-11:30am: Tablet Group 13 10-11am: Senior Grocery Program 10-11:30am: Line Dancing (\$6) 11:30am-12:30pm: Lunch 12:30-2:30pm: Bingo	<b>28</b> 9:30-11:30am: Tablet Group 13 10:30-11:30am: Bingocize 11:30am-12:30pm: Lunch  Caymus-Suisun Winery Trip (\$5) 1pm-4pm	<b>29</b> 10:30-12pm: Soul Line Dancing (\$5) 11:30am-12:30pm: Lunch

**ALL ACTIVITIES, DATES, AND TIMES ARE SUBJECT TO CHANGE. (Updated 5/2/26)**