



August 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 August! Join us every weekday to cool off, enjoy lunch, and participate in a variety of activities. This month we are happy to offer a new session of A Matter of Balance. We are also offering 3 trips to Il Fiorello Olive Oil Co, co-hosting Loteria Night at Suisun City Library, and hosting the Senior Health Fair at Joseph Nelson Community Center. For more information on August & September, please read pages 1-3.

Sincerely,

Justeen Singley

Special Programs

A Matter of Balance starts on 8/3 and meets on Mondays & Thursdays from 10am-12pm. This 8-session program is designed to manage falls and increase activity levels. The program is currently full. If you would like to join the waitlist, please call 707-421-7200 or visit the front desk. This free program is led by Joseph Braida and sponsored by Faith in Action of Solano County.

Senior Grocery Program is on Wednesday, 8/26, from 10-11am at Joseph Nelson Community Center. Food is Free Bay Area distributes free groceries on the 4th Wednesdays.

Day Trips

Il Fiorello Olive Oil Co Trips are on 8/13 & 8/19 from 12:30-3:30pm. The cost is \$30 and pre-registration is required. Join us to enjoy an Olive Oil & Balsamic Reduction Tasting and beautiful views of Suisun Valley. Attendees will learn how olive oil is made, how to properly taste different oils, and enjoy bite-sized food pairing.

Special Events

Loteria Night @ Suisun City Library (601 Pintail Dr, Suisun City) is on Thursday, 8/20, from 6:30-7:30pm. Loteria, also known as Mexican bingo, is a game of chance where players mark pictures on a game board as a caller draws symbols from a deck of cards. Join us to play this fun game and win prizes. We are partnering with Suisun City Library on the 3rd Thursdays for Loteria Nights.

Senior Health Fair is on Thursday, 8/27, from 9am-12pm. Stop by this free event to learn about a variety of resources, get important health screenings, enter the raffle for a chance to win a prize, and enjoy snacks and drinks.

Important

- 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 8/6.**

Weekly Programs

Bingo is on Mondays & Wednesdays from 9:30am-11:30am. 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.

Rhythm Chair Fitness scheduled for August is **POSTPONED** to September.

Soul Line Dancing is on Friday, 8/14, 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 Class on 8/7, 8/21, & 8/28.**

Table Tennis is on Tuesdays and Thursdays from 12-3pm. 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 8/27.**

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

- **Success with Diabetes** starts on 9/2 and meets on Wednesdays from 9:30-11:30am. This free program is sponsored by Touro University, Sutter Health, Solano Public Health, & Vibe Solano. Pre-registration is required & participants can sign up by calling (707)638-5970.
- **diRosa Center for Contemporary Art Trips** are on 9/3 and 9/10 from 10am-2pm. Attendees will go on a 90-minute guided tour and learn about artwork by Northern California artists. The cost is \$25 and pre-registration is required.
- **Rhythm Chair Fitness** starts on 9/3 and meets on Thursdays from 1:30-2:10pm. Gain strength while performing chair or modified chair exercises set to fun music. Classes are led by Judy Gamet from Motion Dynamics. The cost is \$6 per class or \$20 per month.
- **Maverick Grill & Bar Meal Meetup** is on Monday, 9/14, at 9am. Meet at Maverick Grill & Bar (284 Sunset Ave, Suisun City) to enjoy great food and quality time with friends. Sign up in advance and remember to bring payment.
- **Loteria Night @ Joseph Nelson Community Center** is on Thursday, 9/17, from 6:30-7:30pm. Loteria, or Mexican bingo, is a game of chance where players mark pictures on a game board as a caller draws symbols from a deck of cards.
- **Senior Prom** is on Thursday, 9/24, from 5-8pm. Get dressed up and enjoy food, music, dancing, photo booth, and more. Semi-formal attire is highly encouraged. Reservations are required by 9/21. Admission is free, but voluntary contributions are appreciated.

August 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:30-11:30am: Bingo 10-11:30am: Line Dancing (\$6) 10am-12pm: Matter of Balance 11:30am-12:30pm: Lunch	4 9:30-10:30am: Tai Chi 10-11:30am: Line Dancing (\$6) 10:30-11:30am: Bingocize 11:30am-12:30pm: Lunch 12-3pm: Table Tennis	5 9:30-11:30am: Bingo 10-11:30am: Line Dancing (\$6) 11:30am-12:30pm: Lunch	6 10am-12pm: Matter of Balance 10:30-11:30am: Bingocize 12-3pm: Table Tennis	7 11:30am-12:30pm: Lunch
10 9:30-11:30am: Bingo 10-11:30am: Line Dancing (\$6) 10am-12pm: Matter of Balance 11:30am-12:30pm: Lunch	11 9:30-10:30am: Tai Chi 10-11:30am: Line Dancing (\$6) 10:30-11:30am: Bingocize 11:30am-12:30pm: Lunch 12-3pm: Table Tennis	12 9:30-11:30am: Bingo 10-11:30am: Line Dancing (\$6) 11:30am-12:30pm: Lunch	13 10am-12pm: Matter of Balance 10:30-11:30am: Bingocize 11:30am-12:30pm: Lunch 12-3pm: Table Tennis Il Fiorello Olive Oil Trip 1 (\$30) 12:30pm-3:30pm	14 10:30-12pm: Soul Line Dancing (\$5) 11:30am-12:30pm: Lunch
17 9:30-11:30am: Bingo 10-11:30am: Line Dancing (\$6) 10am-12pm: Matter of Balance 11:30am-12:30pm: Lunch	18 9:30-10:30am: Tai Chi 10-11:30am: Line Dancing (\$6) 10:30-11:30am: Bingocize 11:30am-12:30pm: Lunch 12-3pm: Table Tennis	19 9:30-11:30am: Bingo 10-11:30am: Line Dancing (\$6) 11:30am-12:30pm: Lunch Il Fiorello Olive Oil Trip 2 (\$30) 12:30pm-3:30pm	20 10am-12pm: Matter of Balance 10:30-11:30am: Bingocize 11:30am-12:30pm: Lunch 12-3pm: Table Tennis Loteria Night @ Suisun City Library 6:30pm-7:30pm	21 11:30am-12:30pm: Lunch
24 9:30-11:30am: Bingo 10-11:30am: Line Dancing (\$6) 10am-12pm: Matter of Balance 11:30am-12:30pm: Lunch	25 9:30-10:30am: Tai Chi 10-11:30am: Line Dancing (\$6) 10:30-11:30am: Bingocize 11:30am-12:30pm: Lunch 12-3pm: Table Tennis	26 9:30-11:30am: Bingo 10-11am: Senior Grocery Program 10-11:30am: Line Dancing (\$6) 11:30am-12:30pm: Lunch	27 Senior Health Fair 9am-12pm 10am-12pm: Matter of Balance 10:30-11:30am: Bingocize 11:30am-12:30pm: Lunch	28 11:30am-12:30pm: Lunch
31 9:30-11:30am: Bingo 10-11:30am: Line Dancing (\$6) 11:30am-12:30pm: Lunch				ALL ACTIVITIES, DATES, AND TIMES ARE SUBJECT TO CHANGE. (Updated 8/3/26)