

March 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 10-11:30am: Line Dancing (\$6) 10am-12pm: Painting 11:30am-12:30pm: Lunch 12:30-2:30pm: Bingo	2 10:30-11:30am: Bingocize 11:30am-12:30pm: Lunch 6:30-7:30pm: Zumba (\$7)	3 10:30am-12pm: Soul Line Dancing 11:30am-12:30pm: Park-It Market 11:30am-12:30pm: Lunch
6 10-11:30am: Line Dancing (\$6) 10am-12pm: Crafts 11:30am-12:30pm: Lunch 12:30-2:30pm: Bingo 6-8pm: PM Line Dancing (\$6)	7 10-11:30am: Line Dancing (\$6) 10-11am: Tai Chi w/ Friends 10:30-11:30am: Bingocize 11:30am-12:30pm: Lunch 6:30-7:30pm: Zumba (\$7) 6:30-8:30pm: Square Dancing(\$7)	8 10-11:30am: Line Dancing (\$6) 10am-12pm: Painting 11:30am-12:30pm: Lunch 12:30-2:30pm: Bingo	9 10:30-11:30am: Bingocize 11:30am-12:30pm: Lunch 6:30-7:30pm: Zumba (\$7)	10 10:30am-12pm: Soul Line Dancing 11:30am-12:30pm: Lunch
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27 10-11:30am: Line Dancing (\$6) 10am-12pm: Crafts 11:30am-12:30pm: Lunch 12:30-2:30pm: Bingo 6-8pm: PM Line Dancing (\$6)	28 10-11:30am: Line Dancing (\$6) 10-11am: Tai Chi w/ Friends 10:30-11:30am: Bingocize 11:30am-12:30pm: Lunch 6:30-7:30pm: Zumba (\$7) 6:30-8:30pm: Square Dancing(\$7)	29 10-11:30am: Line Dancing (\$6) 10am-12pm: Painting 11:30am-12:30pm: Lunch 12:30-2:30pm: Bingo + Potluck	30 10:30-11:30am: Bingocize 11:30am-12:30pm: Lunch 6:30-7:30pm: Zumba (\$7)	31 10:30am-12pm: Soul Line Dancing 11:30am-12:30pm: Lunch

ALL CLASSES, ACTIVITIES, DATES, AND TIMES ARE SUBJECT TO CHANGE



March 2023



Suisun City Senior Programs

611 Village Drive, Suisun City, CA 94585 • jsingley@suisun.com • 707-421-7200

Coordinator Message

Welcome to March! We have some fun activities for you every weekday. In addition, there will be a free special event this month. For more information, please read this page and flip this page over. I hope to see you soon.
Sincerely,
Justeen Singley

Daily Schedule

Lounge

Stop by for free coffee or tea and enjoy reading or watching TV weekday from **9am-3pm**.

Lunch (Ages 60+)

Meals on Wheels serves lunch **every weekday at 11:30am**. Reservations must be made 48 hours in advance. Please call **707-425-0638 ext 2** to make a reservation. There is a suggested contribution of \$4 per meal for guests over 60 and \$7 for guests under 60. If you are unable to contribute the full amount, please consider contributing what you can.

Program Updates

Bingo

Regular Bingo will be played on **Mondays & Wednesdays from 12:30pm-2:30pm**. On the last Wednesday of the month, 3/29, join us for a potluck during bingo. If you are able to, please bring a dish to share. Staff will provide plates, utensils, cups, and napkins.

Bingocize®

Bingocize® is a health promotion program that combines the game of bingo with fall prevention exercises. Come play bingo and meet new people while learning about techniques to reduce falls and increase cognition. Meets on **Tuesdays & Thursdays from 10:30am-11:30am**. This program is sponsored by Innovative Health Solutions.

Soul Line Dancing

A new session will begin on **Friday, 3/3 at 10:30am**. Instructor Coretta will be back and classes will continue to be free thanks to sponsorship from Innovative Health Solutions.

Seminars

10 Warning Signs of Alzheimer's

The "10 Warning Signs of Alzheimer's" seminar scheduled for 3/2 will be **postponed** and a new date will be announced soon.

Special Events

Movie Night

Come join us for Movie Night on **Thursday, 3/23**. Doors open at 5pm and the movie will begin at 5:30pm. This event is free to attend but **reservations are required**. Popcorn and refreshments will be served. You can vote for the movie you want to watch in the Preschool Office. The movie with the most votes will be announced on Tuesday, 3/21.

Other Items

- **Forms:** All participants must have a signed Release of Liability Form and Emergency Contact Form on file. Please see the front desk for these forms.
- **Food Bank of Contra Costa & Solano:**
 - Drive thru distribution is on the 2nd and 4th Wednesday of the month from 12pm-1pm and is located at Lambrecht Sports Complex (4455 Lambrecht Dr, Suisun City, CA 94585.)
 - Senior Food Program provides free groceries for seniors on the 1st and 3rd Wednesday of the month from 9:30-10:30am at St. Marks Lutheran Church. In order to pick up food, you must fill out an application, bring a photo ID, and proof of address to the distribution site. If you are interested, please see Justeen for an application.
- **Taxes:** To schedule a tax appointment, please call AARP Foundation Tax Aide at 707-435-3581. Appointments will be here on Wednesdays and Thursdays until 4/27. Please note that the Suisun City Recreation, Parks, & Marina Dept is not responsible for this program and all questions need to be directed to AARP Foundation Tax Aide at 707-435-3581.