



March 2024

Suisun City Senior Programs



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Coordinator Message

Welcome to March! I hope you will join us for a variety activities and special events this month. For more information, please read this page and flip this page over to see the calendar.

Sincerely, Justeen Singley

Daily Schedule

Lounge

Stop by for free coffee or tea and enjoy reading or watching TV on weekdays from 10am-3pm.

Café Connect (Ages 60+)

Meals on Wheels presents “Café Connect” which is a fresh take on community center dining that supports active and energized social lives for all participants. Adults 60+ can dine on weekdays at 11:30am. Community-based meal programs provide the opportunity to enjoy conversation, create a sense of community, and connect with others, as well as improve nutrition, dietary variety, and greater food security. Reservations must be made 48 hours in advance. Call 707-425-0638 x2 to make a reservation. There is a suggested contribution of \$4 per meal. If you are unable to contribute the full amount, please consider contributing what you can.

Weekly Programs

Bingo is on Mondays and Wednesdays from 12:30pm-2:30pm. There is no buy-in and non-monetary prizes are awarded. There will be a potluck during bingo on Wednesday, 3/27.

Bingocize is on Tuesdays and Thursdays from 10:30am-11:30am. This program is sponsored by Innovative Health Solutions and combines bingo with fall prevention exercises. This session ends on Thursday, 3/14, and another session begins on Tuesday, 4/23.

Painting is on Wednesdays from 10am-12pm. Supplies are provided for this activity.

Soul Line Dancing is on Fridays from 10:30am-12pm. This fun class offers participants a time to socialize and line dance to R&B music. All skill levels are welcome. \$5 per class. Class will not meet on Friday, 3/1.

Table Tennis Club is on Tuesdays and Thursdays from 12pm-4pm. This club 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. Club will not meet on Thursday, 3/28.

Tai Chi is on Tuesdays from 9:30am-10:30am. These exercises help with balance, flexibility,

circulation, digestion and overall physical and mental health.

Special Events

Health Clinic is on Thursday, 3/14, from 12pm-2pm! At this FREE event, Mobile Diabetes Education Center (MOBEC) will provide diabetes and blood pressure screenings, Touro C.A.R.E.S. M.V.P. will provide vaccinations, and SolanoConnex will share mental health resources. If you can't make it, there is another clinic on Tuesday, 4/9, from 10am-12pm.

Spring Dinner Dance is on Thursday, 3/28! Come join us for a fun night out. Doors open at 5pm, dinner is served at 5:30pm, and dancing is from 6pm-8pm. Admission is FREE but reservations are required by Tuesday, 3/26.

Important Items

- Participants must have a signed Release of Liability & Emergency Contact Form on file.
- Senior Food Program distributes food on the 1st & 3rd Wednesday from 9:30-10:30am at St. Marks Lutheran Church (1600 Union Ave, Fairfield, CA). Please see Justeen for application.
- Drive-thru Food Distribution is on the 2nd & 4th Wednesday from 12-1pm at Lambrecht Sports Complex (4455 Lambrecht Dr, Suisun City, CA).
- To schedule a tax appointment, please **call AARP Foundation Tax Aide at 707-435-3581**. Appointments will be 2/8-4/11 on Mondays and Thursdays.

March 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 11:30am-12:30pm: Lunch
4 10-11:30am: Line Dancing (\$6) 11:30am-12:30pm: Lunch 12:30-2:30pm: Bingo	5 10-11:30am: Line Dancing (\$6)Rooms A-C 9:30-10:30am: Tai Chi Room 1 10:30-11:30am: Bingocize Room 1 11:30am-12:30pm: Lunch Room 1 12p-4pm: Table Tennis Club Rooms A-C 6:30-8:30pm: Square Dancing(\$7)Room A Room changes due to Polling Place in the Banquet Room	6 10-11:30am: Line Dancing (\$6) 10am-12pm: Painting 11:30am-12:30pm: Lunch 12:30-2:30pm: Bingo	7 10:30-11:30am: Bingocize 11:30am-12:30pm: Lunch 12-4pm: Table Tennis Club	8 10:30am-12pm: Soul Line Dancing(\$5) 11:30am-12:30pm: Lunch
11 10-11:30am: Line Dancing (\$6) 11:30am-12:30pm: Lunch 12:30-2:30pm: Bingo	12 10-11:30am: Line Dancing (\$6) 9:30-10:30am: Tai Chi 10:30-11:30am: Bingocize 11:30am-12:30pm: Lunch 12p-4pm: Table Tennis Club 6:30-8:30pm: Square Dancing(\$7)	13 10-11:30am: Line Dancing (\$6) 10am-12pm: Painting 11:30am-12:30pm: Lunch 12:30-2:30pm: Bingo	14 10:30-11:30am: Bingocize 11:30am-12:30pm: Lunch 12-4pm: Table Tennis Club Health Clinic 12pm-2pm	15 10:30am-12pm: Soul Line Dancing(\$5) 11:30am-12:30pm: Lunch
18 10-11:30am: Line Dancing (\$6) 11:30am-12:30pm: Lunch 12:30-2:30pm: Bingo	19 10-11:30am: Line Dancing (\$6) 9:30-10:30am: Tai Chi 11:30am-12:30pm: Lunch 12-4pm: Table Tennis Club 6:30-8:30pm: Square Dancing(\$7)	20 10-11:30am: Line Dancing (\$6) 10am-12pm: Painting 11:30am-12:30pm: Lunch 12:30-2:30pm: Bingo	21 11:30am-12:30pm: Lunch 12-4pm: Table Tennis Club	22 10:30am-12pm: Soul Line Dancing(\$5) 11:30am-12:30pm: Lunch
25 10-11:30am: Line Dancing (\$6) 11:30am-12:30pm: Lunch 12:30-2:30pm: Bingo	26 10-11:30am: Line Dancing (\$6) 9:30-10:30am: Tai Chi 11:30am-12:30pm: Lunch 12-4pm: Table Tennis Club 6:30-8:30pm: Square Dancing(\$7)	27 10-11:30am: Line Dancing (\$6) 10am-12pm: Painting 11:30am-12:30pm: Lunch 12-2:30pm: Bingo + Potluck	28 11:30am-12:30pm: Lunch Spring Dinner Dance 5pm-8pm	29 10:30am-12pm: Soul Line Dancing(\$5) 11:30am-12:30pm: Lunch

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