

April 2024



# Suisun City Senior Programs



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## Coordinator Message

Welcome to April! We hope you will join us for a variety of activities this month. For more information, please read pages 1 and 2 and see the calendar on page 3.

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. Lunch is served on weekdays at 11:30am. Community-based meal programs give people 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. No lunch Monday, 4/1, and Thursday, 4/4.

## Weekly Programs

**Bingo** is on Mondays and Wednesdays from 12:30pm-2:30pm. There is no buy-in and non-monetary prizes are awarded. Potluck Bingo is on Wednesday, 4/24.

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

**Soul Line Dancing** is on Fridays from 10:30am-12pm. In this class, Coretta will guide participants through line dancing to R&B music. This is a great way to exercise and make friends at the same time. All skill levels are welcome. \$5 per class. No class Friday, 4/5. Class resumes Friday, 4/12.

**Table Tennis** is on Tuesdays and Thursdays from 12pm-4pm. This 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.

**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 Program

Join us for a **Morning Walk** on Thursday, 4/11, and 4/18 at 10:30am while Bingocize takes a break. Please note this program is weather permitting and may be cancelled due to rain. Mark your calendars for the new Bingocize session starting on Tuesday, 4/23, at 10:30am.

## Special Event

FREE **Health Clinic** is on Tuesday, 4/9, from 10am-12pm. At this 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 and give away freebie items.

## Seminar

FREE **Real Estate Seminar** is on Thursday, 4/18, from 12:30pm-1:30pm. Learn about relocation, refinancing, HELOC, and reverse mortgage from realtors Kai Williams and Briana Roemmick. Snacks and refreshments provided.

## Day Trip

**Vallejo Naval & Historical Museum Trip** is on Thursday, 4/25, from 11:30am-3:30pm. Attendees will be able to explore the history of Vallejo and its connection to the U.S. Navy at Mare Island. The cost is **\$5** and pre-registration is required online at [suisun.recdesk.com](http://suisun.recdesk.com) or at the front desk. On the day of the trip, please meet at the Joseph Nelson Community Center at 11am and we will take the City van.

## Next month

- **A Matter of Balance** is an award-winning program designed to manage falls and increase activity levels. This program is free but pre-registration is required. This program starts on Wednesday, 5/1, meets on Mondays and Wednesdays from 9:30am-11:30am, and ends on Wednesday, 5/29.
- **Mother's Day Brunch** is on Thursday, 5/9, from 10am-12pm. Celebrate Mother's Day with food and friends. This event is free but reservations are required by Monday, 5/6.
- **Listening Session** for the Solano Master Plan of Aging is on Tuesday, 5/14, from 10:30am-11:30am. Attendees will have the opportunity to provide input - confidentially - on what they feel are unmet needs and propose solutions to best support them. Topics include awareness and access to services, safety, physical and mental health, affordable housing, and transportation options. Pre-registration is encouraged but not required. Sign up in person or call Justeen at 707-718-0311.
- **Preventing Medicare Fraud** presented by HICAP is on Tuesday, 5/14, from 12:30pm-1:30pm. This seminar will highlight new scams and how to avoid them.

## Important Items

- Participants must have a signed Release of Liability & Emergency Contact Form on file.
- Senior Food Program distributes food on the 1<sup>st</sup> & 3<sup>rd</sup> Wednesday from 9:30-10:30am at St. Marks Lutheran Church (1600 Union Ave, Fairfield, CA). Please see Justeen for an application.
- Drive-thru Food Distribution is on the 2<sup>nd</sup> & 4<sup>th</sup> Wednesday from 12-1pm at Lambrecht Sports Complex (4455 Lambrecht Dr, Suisun City, CA).
- Tax appointments are full, but please **call AARP Foundation Tax Aide at 707-435-3581** for other options.
- We have items including a walker, shower bench, and adult diapers. If you are in need of any of these items, please contact Justeen at 707-718-0311 to check for availability.

# April 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> 10-11:30am: Line Dancing (\$6) 12:30-2:30pm: Bingo	<b>2</b> 10-11:30am: Line Dancing (\$6) 9:30-10:30am: Tai Chi 11:30am-12:30pm: Lunch 12p-4pm: Table Tennis 6:30-8:30pm: Square Dancing(\$7)	<b>3</b> 10-11:30am: Line Dancing (\$6) 10am-12pm: Painting 11:30am-12:30pm: Lunch 12:30-2:30pm: Bingo	<b>4</b> 12-4pm: Table Tennis	<b>5</b> 11:30am-12:30pm: Lunch
<b>8</b> 10-11:30am: Line Dancing (\$6) 11:30am-12:30pm: Lunch 12:30-2:30pm: Bingo	<b>9</b> 10-11:30am: Line Dancing (\$6) 9:30-10:30am: Tai Chi 11:30am-12:30pm: Lunch 12p-4pm: Table Tennis 6:30-8:30pm: Square Dancing(\$7) <b>Health Clinic</b> 10am-12pm	<b>10</b> 10-11:30am: Line Dancing (\$6) 10am-12pm: Painting 11:30am-12:30pm: Lunch 12:30-2:30pm: Bingo	<b>11</b> 10:30-11:30am: Morning Walk 11:30am-12:30pm: Lunch 12-4pm: Table Tennis	<b>12</b> 10:30am-12pm: Soul Line Dancing(\$5) 11:30am-12:30pm: Lunch
<b>15</b> 10-11:30am: Line Dancing (\$6) 11:30am-12:30pm: Lunch 12:30-2:30pm: Bingo	<b>16</b> 10-11:30am: Line Dancing (\$6) 9:30-10:30am: Tai Chi 11:30am-12:30pm: Lunch 12p-4pm: Table Tennis 6:30-8:30pm: Square Dancing(\$7)	<b>17</b> 10-11:30am: Line Dancing (\$6) 10am-12pm: Painting 11:30am-12:30pm: Lunch 12:30-2:30pm: Bingo	<b>18</b> 10:30-11:30am: Morning Walk 11:30am-12:30pm: Lunch 12:30-1:30pm: Real Estate Seminar 12-4pm: Table Tennis	<b>19</b> 10:30am-12pm: Soul Line Dancing(\$5) 11:30am-12:30pm: Lunch
<b>22</b> 10-11:30am: Line Dancing (\$6) 11:30am-12:30pm: Lunch 12:30-2:30pm: Bingo	<b>23</b> 10-11:30am: Line Dancing (\$6) 9:30-10:30am: Tai Chi 10:30-11:30am: Bingocize 11:30am-12:30pm: Lunch 12-4pm: Table Tennis 6:30-8:30pm: Square Dancing(\$7)	<b>24</b> 10-11:30am: Line Dancing (\$6) 10am-12pm: Painting 11:30am-12:30pm: Lunch 12-2:30pm: Bingo + Potluck	<b>25</b> 10:30-11:30am: Bingocize 11:30am-12:30pm: Lunch 12-4pm: Table Tennis <b>Vallejo Naval &amp; Historical Museum Trip (\$5)</b> 11:30am-3:30pm	<b>26</b> 10:30am-12pm: Soul Line Dancing(\$5) 11:30am-12:30pm: Lunch
<b>29</b> 10-11:30am: Line Dancing (\$6) 11:30am-12:30pm: Lunch 12:30-2:30pm: Bingo	<b>30</b> 10-11:30am: Line Dancing (\$6) 9:30-10:30am: Tai Chi 10:30-11:30am: Bingocize 11:30am-12:30pm: Lunch 12-4pm: Table Tennis 6:30-8:30pm: Square Dancing(\$7)			<b>ALL CLASSES, ACTIVITIES, DATES, AND TIMES ARE SUBJECT TO CHANGE.</b>