

SUISUN CITY SENIOR CENTER NEWSLETTER

318 MERGANSER DRIVE, SUISUN CITY • (707) 421-7203

It's the most wonderful time of the year!

This holiday season snuck right up on us! I hope you're all staying warm in these colder months. Thank you all for welcoming to me the senior center this year and allowing me to be a part of your community. I am looking forward to what 2020 will bring us. Again, with the holiday season here, please read through the calendar carefully as many programs have taken a break or rescheduled. Don't forget to tell your friends and family about us and everything we have to offer and I hope to see you soon!

-Monica Bugaoan-Abakan, Recreation Coordinator
mabakan@suisun.com



- Our Christmas Celebration Luncheon will be held on **Friday, December 6** from **11am to 1pm** at the **Joseph Nelson Community Center**. This is free for anyone who wants to attend, but reservations must be made in advance as space is limited. Reserve your seats by calling or visiting the Senior Center front desk. (The Senior Center will be closed on this day and all other programs will be cancelled)
- On **Saturday, December 7** the City of Suisun City Recreation, Parks, and Marina Department will be hosting the annual Christmas at the Waterfront event along the Suisun City Marina from 2pm to 8pm. Come join us for the annual tree lighting and other festivities!
- The Mobile Diabetes Education Clinic (MOBEC) of Touro University will be at the Senior Center on **Tuesday, December 10** at **11am** for **FREE** diabetic screening and education.
- This month's casino bus trip we will be to the new Hard Rock Casino Sacramento in Wheatland on **Friday, December 20**. Please be at the Senior Center by **9am** for pickup. This trip costs \$21 and must be paid to the Senior Center in advance. This fee is non-refundable. **Space is limited** so reserve your seat at the front desk by **4pm** on **Monday, December 16**.
- **CLOSURES:** We will be closed on **Wednesday, December 25** for Christmas, and on **Wednesday, January 1** for New Year's Day. We will also be closing at **12pm** on **Tuesday, December 24** and **Tuesday, December 31**.
- AARP will be offering free tax services at the senior center again in 2020. We will announce dates and times as they become available.



RECREATION, PARKS, & MARINA DEPARTMENT
SUISUN CITY, CA

IMPORTANT DATES

- **Friday, December 6 - 11am:** Christmas Luncheon
- **Saturday, December 7 - 2-8pm:** Christmas at the Waterfront
- **Tuesday, December 10 - 11am:** FREE Diabetes Screening
- **Thursday, December 5 - 10am:** Legal Hour
- **Wednesday, December 11:** Legal Hour
- **Thursday, December 19 - 9:30am:** Book Club
- **Friday, December 20:** Casino bus trip
- **Tuesday, December 24:** Closed at 12:00pm
- **Wednesday, December 25:** Closed for Christmas
- **Tuesday, December 31:** Closed at 12:00pm
- **Wednesday, January 1:** Closed for New Year's Day

Meals on Wheels

Meals on Wheels serves individuals 60 years of age and older who wish to have a hot meal. If you are interested in participating, please see Kathleen during Meals on Wheels hours (Monday-Friday, 10am-12:30pm).

Reservations and sign-ups respectfully need to be made 48 hours in advance.

There is a suggested donation of \$4 per meal, however no one is ever denied a meal due to inability to pay. For home delivered meals, please call the main office at 707.426.3079.

MORE ABOUT OUR PROGRAMS

Financial Planning: Kimber Smith of Edward Jones Investments joins us every fourth Monday to meet one on one to discuss questions you may have about your financial goals. Appointments must be made with the front desk in advance. Please see us for more information.

Zumba Gold: Class is held every Wednesday at 9:15am. This class is perfect for active adults who are looking for a modified Zumba class that recreates the original moves at a lower intensity. \$3 per class.

Chair Yoga: Improve your energy, quality of sleep, strength, and mental peace! This is an adaptive style of yoga that uses a chair as the central prop during poses. Chair yoga is ideal for seniors, those with injury, chronic pain or illness, those for whom getting up & down from the floor is difficult, or really anyone who want to make gains but are experiencing limitations. Find more balance, strength, flexibility, & peace. YOGA IS FOR EVERYONE! \$3 per class.

Tai Chi: Learn these slow moving sets of exercises that help with balance, flexibility, and posture. Classes are \$2 and held every Tuesday and Thursday at 8:20-10:15am.

Food Smarts: Would you like to: Clean up your diet and eat healthier? Learn to prepare easy delicious, economical food? Become smarter about food choices? Improve your health by eating better? Eat healthy on a limited budget? If so, then this cooking and nutrition class is for you!

Sassy Crafters: Bring in any craft project that you are working on and get some help from others if needed. This group meets every Monday, Tuesday, and Friday from 9am to noon. \$1 per class.

Line Dancing: Dance segments include the cha cha, rumba, swing, mambo, waltzes, and more. Class meets every Tuesday at 10am. \$2 per class.

Legal Hours: Come for legal advice on any issue you're having and speak to someone who is well versed in legal matters. Legal Hours take place on the first Friday and second Wednesday of every month. Appointments must be made with the front desk in advance.

Video Chair Exercise: Come every Tuesday and Thursday at 8:30am to workout to an invigorating exercise video that is ideal for those who experience limited mobility but have the desire to exercise.

Book Club: This a great way to get together with friends to chat about a pre-chosen book and to explore new ideas. This is sponsored by the Suisun City Public Library and hosted by the Suisun City Librarian. This group meets every third Thursday of the month at 9:30am.

Van Trips: We will be doing day trips to local destinations such as Solano Town Center, Larry's Produce, Vacaville Premium Outlets, etc. These van trips only have 10 seats available. The length of the trip will depend on the destination. Advanced reservations must be made with the front desk by the specified date or before there are no more available seats, whichever comes first.

Casino Trips: We have arranged for a casino bus tour to stop here at the Senior Center to pickup passengers who are interested in going to Cache Creek. Seats are limited and advanced reservations must be made at the front desk by the specified date or before seats are no longer available, whichever comes first.

Art Group (in memorium of Deborah Hamel): This group allows you to socialize over a shared love for art. Bring a project to work on. Meetings are held every Wednesday at 1pm.

Master Gardener Program: The master gardener program of the University of California Agriculture and Natural Resources is returning to the Senior Center to host a seminar on gardening with succulents. This is free for anyone that wants to attend!

Movies: Old and new movies are shown in our lobby every 2nd and 4th Friday of the month at 1:30pm.

Bible Study: Come and discuss the bible every Friday at 1-3pm.

Bingo: Our bingo program is designed solely for fun and fellowship. There is no buy-in and non-monetary prizes will be awarded. Bingo is played every Monday, Wednesday, and Friday at 1-3:30pm.

Open Games/Activities: Are you looking for some space to play a game of dominoes or Scrabble? Come by every Thursday at 1pm! We'll find a space for you!

Wii Gaming: Come and play on the Wii! Perfect your bowling score, race some cows, or even play tennis every Monday and the 1st and 3rd Fridays of every month at 1-3pm.

PROGRAM COSTS

- Sassy Crafters: \$1
- Tai Chi: \$2
- Line Dance: \$2
- Zumba Gold: \$3
- Chair Yoga: \$3

ANNOUNCEMENT

- The Senior Center will be closed on Wednesday, December 25 and Wednesday, January 1 for holiday observances. We will also be closing at 12:00pm on Tuesday, December 24 and Tuesday, December 31. We will be open for regular programming on Thursday-Friday, December 26-27 and Thursday-Friday, January 2-3

DECEMBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>9am: Crafts 11:15am: Lunch 1:30pm: Wii 1pm: Bingo</p>	<p>3</p> <p>8:30am: Chair Exercise 9am: Crafts, Tai Chi 10am: Line Dance 11:15am: Lunch</p>	<p>4</p> <p>9:15am: Zumba 11:15am: Lunch 1pm: Bingo, Art Group</p>	<p>5</p> <p>8:30am: Chair Exercise 9am: Tai Chi 10am: Legal Hour 10:15am: Ukulele Group 11:15am: Lunch 1pm: Open games, Jam Session</p>	<p>6</p> <p>11am-1pm: CHRISTMAS LUNCHEON (at Joseph Nelson Community Center) *Senior Center Closed*</p>
<p>9</p> <p>9am: Crafts 11:15am: Lunch 1:30pm: Wii 1pm: Bingo</p>	<p>10</p> <p>8:30am: Chair Exercise 9am: Crafts, Tai Chi 10am: Line Dance 11am: Diabetes Screening 11:15am: Lunch</p>	<p>11</p> <p>9:15am: Zumba 11:15am: Lunch 1pm: Bingo, Art Group, Legal Hour</p>	<p>12</p> <p>8:30am: Chair Exercise 9am: Tai Chi 10:15am: Ukulele Group 11:15am: Lunch 1pm: Open games</p>	<p>13</p> <p>9am: Crafts 10am: Legal Hour 11:15am: Lunch 1pm: Bible Study, Bingo 1:30pm: Movies</p>
<p>16</p> <p>9am: Crafts 11:15am: Lunch 1:30pm: Wii 1pm: Bingo</p>	<p>17</p> <p>8:30am: Chair Exercise 9am: Crafts, Tai Chi 10am: Line Dance 11:15am: Lunch</p>	<p>18</p> <p>9:15am: Zumba 11:15am: Lunch 1pm: Bingo, Art Group</p>	<p>19</p> <p>8:30am: Chair Exercise 9am: Tai Chi 9:30am: Book Club 10:15am: Ukulele Group 11:15am: Lunch 1pm: Open games 2pm: Tech Buddies</p>	<p>20</p> <p>9am: Crafts, Chair Yoga 11:15am: Lunch 1pm: Bible Study 1:30pm: Wii *CASINO TRIP*</p>
<p>23</p> <p>9am: Crafts 11:15am: Lunch 1pm: Bingo, Financial Advising 1:30pm: Wii</p>	<p>24</p> <p>8:30am: Chair Exercise 9am: Crafts, Tai Chi 10am: Line Dance 11:15am: Lunch *CLOSING AT 12PM*</p>	<p>25</p> <p> CLOSED FOR CHRISTMAS HOLIDAY</p>	<p>26</p> <p>8:30am: Chair Exercise 9am: Tai Chi 10:15am: Ukulele Group 11:15am: Lunch 1pm: Open games, Jam Session</p>	<p>27</p> <p>9am: Crafts 11:15am: Lunch 1pm: Bible Study, Bingo 1:30pm: Movies</p>
<p>30</p> <p>9am: Crafts 11:15am: Lunch 1pm: Bingo 1:30pm: Wii</p>	<p>31</p> <p>8:30am: Chair Exercise 9am: Crafts, Tai Chi 10am: Line Dance 11:15am: Lunch *CLOSING AT 12PM*</p>	<p>January 1</p> <p> CLOSED FOR NEW YEAR'S DAY</p>	<p>2</p> <p>8:30am: Chair Exercise 9am: Tai Chi 10:15am: Ukulele Group 11:15am: Lunch 1pm: Open games, Jam Session</p>	<p>3</p> <p>9am: Crafts, Chair Yoga 11:15am: Lunch 1pm: Bible Study, Bingo 1:30pm: Movies</p>

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

A decorative pine branch with green needles, a brown pine cone, and several ornaments (silver, red, and white) is positioned on the left side of the page. The background is a light, textured surface.

Suisun City Senior Center Christmas Celebration

FRIDAY, DECEMBER 6

11AM TO 1PM

**JOSEPH NELSON COMMUNITY CENTER
611 VILLAGE DRIVE, SUISUN CITY**

Join us for live entertainment, raffle prizes, a tri-tip lunch, and holiday cheer for everyone!

For more information or reservations, please call the Suisun City Senior Center at
(707) 421-7203

RESERVATIONS IN ADVANCE ARE REQUIRED AS SEATING IS LIMITED