

SUISUN CITY SENIOR CENTER NEWSLETTER

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

Let the good times roll!

I hope your 2020 has been off to a great start! February is going to be a busy month around here with tax appointments and programs starting back up. Pay close attention to the calendar for our schedule. 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



- AARP will be offering a Smart Driver course here at the Senior Center. This is an 8-hour class that will be held over the course of two days, **February 4 & 7**, from **9am to 1pm**. Reservations must be made with the front desk. Cost is \$15 for AARP members and \$20 for non-AARP members.
- Beginning **Thursday, February 6** AARP will be offering free tax preparation services at the Senior Center every Thursday. Appointments are available on a first come first served basis and must be made in advance. Please contact the front desk to schedule your appointment.
- The University of California Agriculture and Natural Resources Master Gardening program will be presenting a workshop on making a Kokedama on **Wednesday, February 19** at **10:15am**. Kokedama is the Japanese art of growing plants in a moss-covered ball to be hung or displayed on a surface. This workshop is **FREE** for anyone who wants to attend.
- This month's casino bus trip will return to the new Harrah's Casino in Lone on **Thursday, February 20**. Please be at the Senior Center by **9:15am** for pickup. This trip costs \$5 and must be paid to the Senior Center in advance. This fee is **NON-REFUNDABLE**. You will receive \$40 of free slot play money. **Space is limited** so reserve your seat at the front desk by **4pm** on **Monday, February 17**.
- Our monthly Dinner Dances are back! This month's Dinner Dance will be on **Thursday, February 27**. Doors will open at 5:30pm and dinner will be served at 6:00pm. Tickets are \$5 and can be purchased at the Senior Center.
- The Senior Center will once again be offering **FREE** health and medical screenings. Licensed healthcare professionals will be here to check your vitals. This month's screenings will be on **Friday, February 28** from **11am to 1pm**.
- **CLOSURES:** The Senior Center will be closed on **Monday, February 17** in observance of President's Day.



RECREATION, PARKS, & MARINA DEPARTMENT
SUISUN CITY, CA

IMPORTANT DATES

- **Tuesday & Friday, February 4 & 7 - 9am-1pm:** AARP Smart Driver Course
- **Thursday, February 6:** Tax Appointments Begin
- **Friday, February 7 - 10am:** Legal Hour
- **Wednesday, February 12 - 1pm:** Legal Hour
- **Friday, February 14:** Valentine's Day
- **Monday, February 17:** CLOSED for holiday observance
- **Wednesday, February 19 - 10:15am:** Master Gardener Workshop
- **Thursday, February 20:** Casino Bus Trip
- **Thursday, February 20 - 9:30am:** Book Club
- **Thursday, February 20 - 2pm:** Tech Buddies
- **Monday, February 24 - 1pm:** Financial Advising
- **Thursday, February 27 - 5:30pm:** Dinner Dance
- **Friday, February 28 - 11am:** Health & Medical Screening
- **Friday, February 28 - 1pm:** Living Trust Seminar

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.

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

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.

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

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. The date and casino are determined each month. 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!

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.

Medical Screenings: The Building Christian Fellowship has teamed up with Aveida Home Care to bring licensed healthcare professionals to the Senior Center to offer FREE medical screenings on a bi-monthly basis that will include checking basic vitals.

PROGRAM COSTS

- Sassy Crafters: \$1
- Tai Chi: \$2
- Line Dance: \$2
- Zumba Gold: \$3
- Chair Yoga: \$3
- Casino Trip: \$5
- Dinner Dance: \$5

ANNOUNCEMENTS

- Our monthly Dinner Dance will return this month on Thursday, February 27.
- Free tax preparation appointments are available beginning Thursday, February 6. Call or visit the Senior Center front desk to make your appointment.

FEBRUARY 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9am: Crafts 11:15am: Lunch 1:30pm: Wii 1pm: Bingo	4 8:30am: Chair Exercise 9am: Crafts, Tai Chi 10am: Line Dance, Food Smarts 11:15am: Lunch Smart Driver Course 9am-1pm	5 9:15am: Zumba 11:15am: Lunch 1pm: Bingo, Art Group	6 8:30am: Chair Exercise 9am: Tai Chi 10:15am: Ukulele Group 11:15am: Lunch 1pm: Open games, Jam Session Tax Preparation 9am-4pm	7 9am: Crafts 10am: Legal Hour 11:15am: Lunch 1pm: Bible Study 1:30pm: Wii Smart Driver Course 9am-1pm
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17 SENIOR CENTER CLOSED  PRESIDENT'S DAY	18 8:30am: Chair Exercise 9am: Crafts, Tai Chi 10am: Line Dance, Food Smarts 11:15am: Lunch	19 9:15am: Zumba 10:15am: Master Gardener Workshop 11:15am: Lunch 1pm: Bingo, Art Group	20 8:30am: Chair Exercise 9am: Tai Chi 9:30am: Book Club 10:15am: Ukulele Group 11:15am: Lunch 1pm: Open games 2pm: Tech Buddies Tax Preparation 9am-4pm	21 9am: Crafts 11:15am: Lunch 1pm: Bible Study 1:30pm: Wii
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(CALENDAR UPDATED: 1/22/2020)

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



JOIN US FOR A MARDI GRAS
CELEBRATION AT OUR

February Dinner Dance

THURSDAY, FEBRUARY 27
DOORS OPEN AT 5:30PM
DINNER SERVED AT 6:00PM

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

MENU: CAJUN MEATBALLS, CHICKEN AND SAUSAGE JAMBALAYA,
CREOLE GREEN BEANS, SOUTHWESTERN SLAW, AND SAUTEED BANANAS
WITH VANILLA ICE CREAM AND CONFETTI

BUY YOUR TICKETS AT THE SENIOR CENTER BY TUES., FEB. 25

COST: \$5

(TAX DEDUCTIBLE DONATION TO
FRIENDS OF SUISUN CITY RECREATION)



Let the good times roll!

